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ROSEMARY WESTWOOD

'Harper is leaving politics, and we should all be insulted'

metroVIEWS

There will be no peace for us.

Families of the Brentwood five, after their killer was found not criminally responsible metroNEWS

WEATHER

Toasty summer ahead

Well, Calgary — we've had fantastic spring weather here in Cowtown, and it looks like our good fortune will continue.

Thanks to the El Niño system passing the baton to La Niña, the fine meteorologists at the Weather Network expect above-average temperatures for Alberta this summer.

Above-normal temperatures are predicted to stretch from Alaska down through the Yukon and Northwest Territories and into B.C., Alberta, Saskatchewan and southern Manitoba.

Meteorologist Chris Scott said temperatures will be up but not scorching.

"The general idea here is warmer than the last few summers," he said.

Aside from a pocket of northern Alberta that will get below-average precipitation, Calgary and southern Alberta should see the usual amount of rain.

The above-normal temperatures could persist well past Labour Day. METRO

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metro NEWS

Your essential daily news

Trump protest turns violent in New Mexico, and several face charges. **World**

Reining in the payday predators of 17 Avenue

LENDING CULTURE

Legislation to take aim at 11 loan locations on same strip

Jeremy Simes
For Metro | Calgary

"Payday loans" is the first thing Forest Lawn residents say when asked what they don't like about the 17 Avenue SE shopping strip, according to International Avenue BRZ Executive Director Alison Karim-McSwiney.

On Thursday, MLAs will continue to debate Bill 15, an act to end predatory lending, which targets payday loan companies by reducing interest rates.

For Karim-McSwiney, the legislation will aid in revitalizing the popular road as it could cause some of the 11 payday loan sites on 17 Avenue to close, making room for other businesses to open.

"I think it will mean more people will have more money in their pockets, which will benefit the businesses in the community and people's financial health," Karim-McSwiney said. "Hopefully we'll see a decrease in poverty rates."

The legislation encourages credit unions and other financial institutions to offer bank accounts to people who must deal with payday loans companies, as they are left with no other options due to bad credit and other circumstances.

In March, city council accepted recommendations that require a 400-metre separation between future payday loan sites looking to open shop.

Ward 11 Coun. Brian Pincott said the legislation compliments the city's plans to reduce poverty.

"All of that is opening the door for other financial institutions to come forward with alternative offerings that will serve this client base," he said. "It's really hard to revitalize a strip when there are 11 payday loan facilities on that strip."

Karim-McSwiney said the legislation is only part of a multi-pronged approach to revitalize the area — the city has begun its $98 million transitway project that adds bus-only lanes, improved roads, better street lighting and cycling facilities to the 17 Avenue.

"The city's 400-metre separation rule actually doesn't do anything for us because these payday loan shops are already in place," she said. "What actually will make a big difference is the legislation the province is pushing through."

Pincott has no issue with payday loan companies potentially leaving the area.

"The payday loan industry is going to have to review the rules and decide if that's a model they want to operate under," he said. "If they aren't willing to or don't feel they can operate under the rules, then they can leave."

Pamela Beebe has spent more than $12,000 in interest after withdrawing payday loans since 2008. JEREMY SIMES/FOR METRO

$15/$100

The legislation will cap fees on payday loans at $15 per $100 borrowed, down from the current $23 per $100.

VICIOUS CIRCLE

'The debt keeps on piling up'

On top of working 40 hours a week, Pamela Beebe's financial situation is so dire that she must take out payday loans to help support her family and repay debts.

"It's really challenging, but I have to do what I have to do," said Beebe, who's the breadwinner for her two children and husband, Tito, as he can't work in Canada until he completes his immigration papers.

"It's about $2,000 to get (the immigration) all done," she said. "We just can't afford it so it's been put on hold.

Beebe was laid off from two jobs in 2015, prompting her to find work in Morley. The problem, though, is that her credit score is so low she can't afford a car, so she relies on a friend to drive her. Her low credit score also means she doesn't qualify for overdraft, which would largely halt her from needing payday loan services.

Beebe realizes she's in a vicious cycle using payday loans to pay off other debt and bills.

"It all started with students loans — the debt kept piling and I have to keep paying that off," she said. "I'm a little embarrassed about it, but this is really all I can do right now to get by." JEREMY SIMES

"My ultimate dream is to have a home one day.
Pamela Beebe

CRIME

Man charged with murder in shooting

Lucie Edwardson
Metro | Calgary

Calgary police have a charged a man with murder after a shooting that officers termed a domestic incident.

Insp. Don Coleman said around 12:15 a.m. on May 24, officers responded to calls of shots being fired in the 6900 block of Rundlehorn Drive NE.

When officers arrived, they found a woman in her 40s dead and a 15-year-old girl injured.

The teen was taken to hospital where she remains in non-life-threatening condition.

Coleman confirmed that police stopped a vehicle shortly after in the 4000 block of Whitehorn Drive NE.

"The suspect fired a single shot from his vehicle before pulling over," Coleman said.

An 11-year-old girl and three-year-old boy were in the man's vehicle when it was stopped. They were not injured.

An autopsy by the Chief Medical Examiner's office confirmed the victim as Hue Ngoc Nguyen, 41, of Calgary.

Police said Hien Tuan Lam, 43, of Calgary, was charged with one count of first-degree murder and one count of attempted murder. Coleman said Lam, "criminally known" to police, will appear in court Thursday.

A CPS report says domestic disputes are up 24 per cent over the five-year average. Even more concerning, domestic assaults with weapons increased by 70 per cent over 2014.

CPS Staff Sgt. Rob Davidson said there is a pattern with the rise of domestic violence and the downturn in the economy.

"Those families are already prone to violence, and when you add that complexity or that layer of unemployment and stresses in finances, that appears to correlate significantly to increased domestic violence."

Before and after images of a paved-over driveway in northeast Calgary. METRO FILE PHOTOS

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Unidrives still rankle

CITY HALL

Trend goes on of joining driveways; charges mulled

Helen Pike
Metro | Calgary

Extended driveways — remember those?

They're the unibrow of suburbia and a blemish in communities capable of stealing parking from streets, messing up water drainage — and they're a sorry eyesore that some have said "cheapen" the value of an area.

They're also known as unidriveways, and they're an issue the City of Calgary is seeing not just in the northeast communities Metro News reported on in 2014. Now, they're everywhere.

"It still is an issue for residents," said Cliff De Jong, senior special projects officer with the City of Calgary. The city still gets complaints, but not to the same degree as 2014, when the public eye was really on the drives.

"Really we do see this occurring throughout any neighbourhood, we're not focused on any one area. For us they're across the city."

According to the city, in 2015 there were 190 complaints, with 66 of them pursued by the city.

Five or six tickets were handed out in total, ranging from $1,500 to $3,000 in fines. The city still handles unidriveways on a complaint-by-complaint basis.

The issue came up again during a recent suite application at city hall. Residents were complaining about lack of street parking and pedestrian safety issues that they feared would only get worse with the suite's creation.

Looking at satellite photos, Mayor Naheed Nenshi suggested the problem had more to do with pavement than it did with an extra car or two on the street.

Coun. Brian Pincott said the city should be moving toward enforcement.

"The unidriveways lead to loss of parking space on the street, which lead to more clustering on that available space," said Pincott. "It's illegal."

The city has had rules in place about extended driveways since 2008.

"By and large people are actually complying," De Jong said. "They're working with us and cooperating with the development authority.

> **It still is an issue for residents.**
> Special projects officer Cliff De Jong

"Either they're applying for the development permit to get that relaxation…they're not always given."

If a relaxation can't be arranged, De Jong said part of the driveway often needs to be taken out to bring it into compliance. Which is why it's important to check with the city before making an initial investment and going ahead with work.

"It's an outlay of cash that you're paying someone to come and do," De Jong said. He added it's actually the property owner's responsibility to know the rules and not the contractor. "We would want people to give us a call…just to ensure they're not somewhere down the road going to be asked for evidence of a building permit or development permit."

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Tory win not a sure thing

CALGARY HERITAGE

Expert: Riding wants lower taxes, smaller government

Brodie Thomas
Metro | Calgary

Although he hasn't officially stepped down, talk is ramping up around who will follow in Stephen Harper's rather large shoes in the Calgary Heritage riding.

Word came out Wednesday morning that Harper will resign sometime before the fall sitting of parliament, paving the way for a federal byelection.

By all accounts, it is the Conservatives' riding to lose.

Duane Bratt, chair of the Department of Policy Studies at MRU said the Conservatives will have the edge in the election, but only an edge.

"The Liberals have expected this for a while and have been looking for star candidates to run there. It is a conservative riding, it's a conservative part of the city."

He said it will be tough for the liberals to break into the riding, but it's not out of the question either.

"You bring in the right candidate, you've got the government as Liberal, you've got two Liberal MPs — I don't think this is going to be a slam dunk conservative seat."

Conservative insider Alan Hallman lives in the riding and doesn't worry too much about the liberals taking the fort.

He said the riding is looking for smaller government and lower taxes. Period.

"It has been a Tory stronghold and it has always generated tremendous candidates out of it — cabinet material and prime ministers. That's the type of quality candidate people in the southwest want to represent them."

Rick Billington — this lawyer has run in Calgary Centre and is one of the first names to come up whenever possible candidates are mentioned.

Daniel Williams — A former staffer for Jason Kenney, Williams was the only candidate to say he will be running.

Arlene Dickinson — The marketing maven and former Dragons Den star has been kicking the tires on a political campaign, according to sources.

Potential candidates

Other possible candidates — Names now being mentioned for the Conservative Party include Paul Frank, Monte Solberg and Joan Crockatt. Alan Hallman also said he's been approached and is discussing the possibility with his family.

Rick McIver — Although he lives in the district, the current interim PC party leader gave an unequivocal "no" to a federal campaign, when asked by Metro.

Matt Grant — After losing a close race in the last federal election, the lawyer said he wants to stay focused on building connections in that district.

Chima Nkemdirim — Currently serving as Naheed Nenshi's chief of staff, his name came up as a potential "star" who might be capable of taking the riding.

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Ethics adviser asked for campaign clarity

MUNICIPAL CAMPAIGNS

Councillors want to know when to step outside ward

Brodie Thomas
Metro | Calgary

While councillors turn to the ethics adviser for clarity on campaigning inside ward boundaries, one U of C professor thinks the politicians need to get outside the lines a bit more.

The city has redrawn the ward boundaries to adjust for population changes, meaning some communities currently in one ward already know they're going to be in another ward next election.

Coun. Ward Sutherland said he'll be bringing forth a notice of motion asking for a position paper and guidelines on the matter, in light of the new ward boundaries.

"We're supposed to be taking care of our own wards and our own communities at this point. What happens at open houses with the incumbent councillor currently there?" he asked.

He said he feels there should be protocol for how councillors should act when campaigning in another ward. He also has questions about mailouts, and attending community association meetings.

Jeromy Farkas, who's already running for the seat in Ward 11, said the Municipal Government Act says a councillor's first duty is to the welfare of the municipality as a whole.

> **What happens at open houses?**
> Coun. Ward Sutherland

"I think it's to the benefit of our councillors if they spend time out of their ward to see the challenges," he said.

He also said incumbent councillors would be at a huge disadvantage if they're limited from campaigning outside their current ward.

University of Calgary political scientist Melanee Thomas said she's a bit confused about the controversy surrounding councillors attending community association meetings outside their ward.

"Since city council votes on issues affecting cities as a whole, I would really push back against the idea that it would be somehow inappropriate for a city councillor to understand an issue that doesn't affect their ward," she said.

Cheryl Lowery, race director, and Gavin Grobbelaar, operations director, paint arrows in red chalk paint along the marathon route on Wednesday afternoon. JENNIFER FRIESEN/FOR METRO

RUNNING FOR CHARITY

Marathon changes route after 52 years

Jennifer Friesen
For Metro

Back in 1963, Doug Kelly laced up his shoes and started the Calgary Marathon with a modest number of 19 runners.

Now, teetering at more than 10,000 runners, the Scotiabank Calgary Marathon will hit the streets this Sunday — but, this time, with a few changes.

"It just blows the mind," said Kelly. "No one back then would have ever believed how it's grown."

> **It just blows the mind. No one back then would have ever believed how it's grown.**
> Doug Kelly

After 52 years of racing, runners gearing up for the marathon will notice new barricades, as well as some red arrows in chalk paint to keep the group heading in the right direction.

Construction at the Flanders overpass will also change the 50K route for runners, pushing them to cross over 50 Avenue instead.

The 50K marathon, 21.1K and 5K races are expected to bring out 11,000 runners racing for their choice of one of 90 local charities.

Kelly said he's noticed running become more and more popular over the past 50 years, and equates some of the marathon's popularity to the people's desire to give.

"People love giving, they really do," he said. "I think that's just human nature, and if they can run and get some people to chip in and sponsor them, it makes them feel good — as well it should."

A map of the new route and road closures can be found online at calgarymarathon.com

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The City of Calgary was named a resilient city as part of a Rockefeller Foundation Initiative. METRO FILE PHOTO

City earns spot on global resiliency list

ROCKEFELLER FOUNDATION

Initiative aims to unify, share information with members

Helen Pike
Metro | Calgary

Through flood, snow, wind and a wavering economy — Calgary is pulling through. Some would say we're resilient.

And now, the city is part of a world-wide club: Calgary has been named a member of the 100 Resilient Cities, a Rockefeller Foundation initiative to unify and prepare jurisdictions for the worst. The membership comes with a grant to fund a Chief Resilience Officer for up to two years, along with access to private and public sector tools.

"It really is a knowledge sharing exchange with some financial benefit as well," said Mayor Naheed Nenshi. "What this really is about is consolidating a bunch of resiliency work that's happening across the corporation anyway, and making it much more effective by using best practices."

As part of the program the city will be granted up to $1 million in expenses for the resilience officer position it's creating. There will also be many "in kind" opportunities that help bolster the city and improve its resiliency. The idea is that once the program is over in two or three years, the city will find efficiencies towards keeping up the created position and bettering resilience.

> **This achievement will significantly strengthen current work.**
> Brad Stevens

"This achievement will significantly strengthen current work being done by the City of Calgary, to prepare for, and recover from many of the shocks and stresses that could result from social, economic and physical challenges," said acting city manager Brad Stevens. He added the city would be working with business units and community partners to assess what Calgary needs to be even more resilient.

The group saw Calgary as a standout candidate for its world-leading approach to natural disasters. But Nenshi said we could always do better.

"They were actually really interested in the excellent work we already do in emergency response," said Nenshi. "They thought CEMA and the work we do was very world leading, and they wanted us to be able to teach others."

WE ASKED: WHAT MAKES CALGARY A RESILIENT CITY?

"You have to be prepared for anything. It could rain, it could snow, I think that plays a lot into our character. "
Garrett Klein

"It has a multitude of different people coming together from different areas; it's not just oil and gas."
Cynthia Keys

"We have a lot of optimism about the future; we don't give up."
Jose Delazquez

"They come from different backgrounds, different cultures – we're a very diverse city."
Muhammad Anwar

Public Notice

Ward Boundaries

TAKE NOTICE, Calgary City Council has given first reading to Bylaw 25M2016 which will, upon receipt of second and third readings, amend The City of Calgary ward boundaries for the purpose of electing councillors in the 2017 general election. This bylaw is pursuant to the *Municipal Government Act*, Sections 148 and 149.

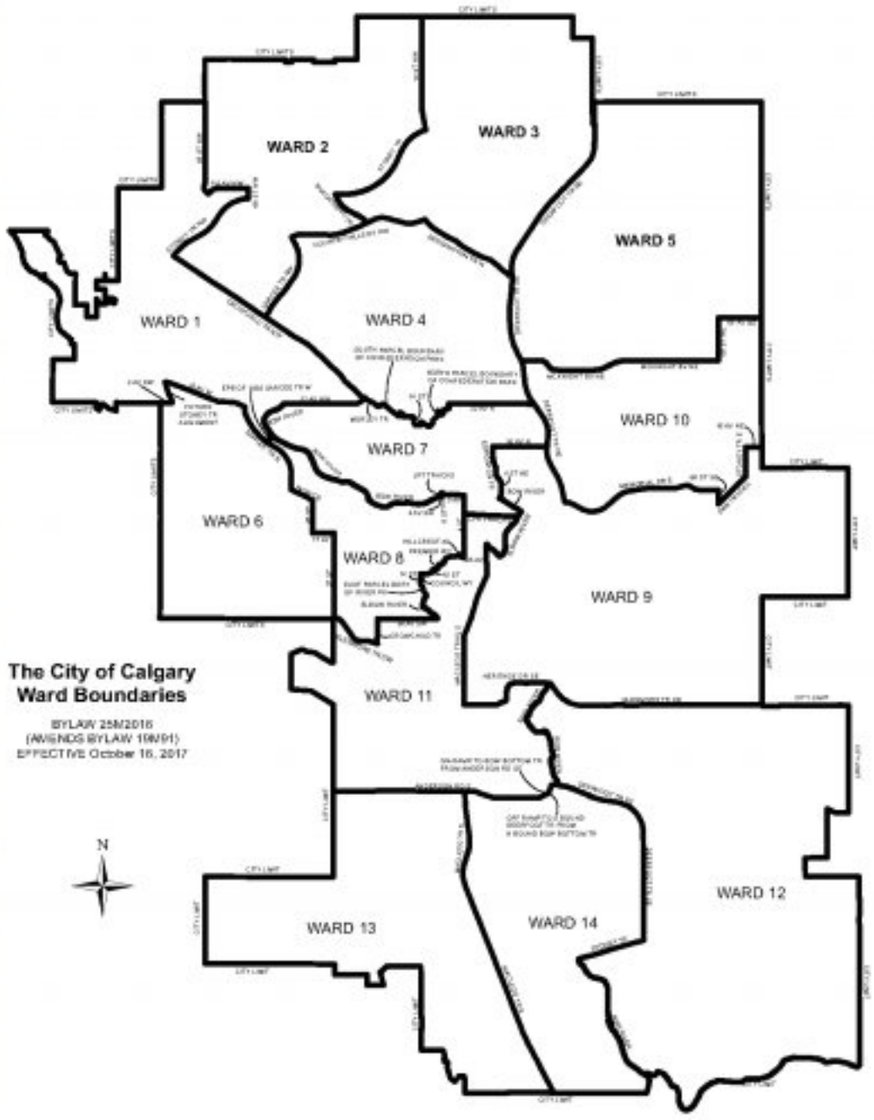
NOTICE is hereby given that unless a vote of the electors is requested, in the form of a sufficient petition as provided for in Section 231 of the *Municipal Government Act*, Council may pass this Ward Boundary Bylaw.

A copy, of the proposed Bylaw 25M2016, may be inspected by the public during office hours, 8:00 o'clock in the morning to 4:30 o'clock in the afternoon, Monday to Friday at the Office of the City Clerk, Corporate Records Section, which is located on the main street level of the Administration Building at 313 – 7 Avenue S.E. The map, Schedule A, to Bylaw 25M2016 is included.

The proposed changes which affect electors are as follows:

Community	Current Ward	Proposed New Ward
Acadia	9	11
Albert Park/Radisson Heights	10	9
Altadore	11	8
Applewood Park	10	9
Beltline	8	8 and 11
Brentwood	7	4
Cambrian Heights	7	4
Charleswood	7	4
Cityscape	3	5
Collingwood	7	4
Coral Springs	5	10
Cornerstone	3	5
Country Hills	4	3
Currie Barracks	11	8
Dalhousie	7	4
Douglasdale/Glen	12	14
Erin Woods	10	9
Erlton	9	11
Forest Heights	10	9
Forest Lawn	10	9
Garrison Green	11	8
Garrison Woods	11	8
Hidden Valley	4	3
Highwood	7	4
Lincoln Park	11	8
Maple Ridge	14	11
Mckenzie Lake	12	14
Mission	8	11
Monterey Park	5	10
Montgomery	1	7
Parkhill	9	11
Penbrooke Meadows	10	9
Pineridge	5	10
Queens Park Village	7	4
Red Carpet	10	9
Redstone	3	5
Rideau Park	9	11

Community	Current Ward	Proposed New Ward
Riverbend	9	12
Rosemont	7	4
Roxboro	9	11
Royal Oak	2	1
Rundle	5	10
Rutland Park	11	8
Saddle Ridge	3	5
Silverado	14	13
Skyview Ranch	3	5
Southview	10	9
Taradale	3	5
Temple	5	10
Tuxedo Park	9	7
University District	1	7
University Heights	1	7
University of Calgary	1	7
Vista Heights	5	10
Westgate	8	6
Whitehorn	5	10
Willow Park	14	11
Winston Heights/ Mountainview	9	7



A vote of electors of the city of Calgary, in respect of this bylaw, may be petitioned for by submission of a valid petition signed by electors equal to at least 10 per cent of the population of the city as determined by the most recent census. The requirements for petitions are in the *Municipal Government Act*, Sections 222 to 226 inclusive. A petition for a vote must be received by the City Clerk within 60 days of the last publication of this notice.

In accordance with the *Municipal Government Act*, Section 1 (i) and the *Local Authorities Election Act*, Section 47, "Elector" means a person:

(a) who is at least 18 years old,

(b) is a Canadian Citizen, and

(c) has resided in Alberta for the 6 consecutive months immediately preceding and resides in the city of Calgary on the day of signing the petition.

Date of the last publication of this notice will be Thursday, June 2, 2016.

Deadline for receipt of petitions by the City Clerk is 4:30 p.m., Friday, August 5, 2016.

All persons interested are hereby notified and they are required to govern themselves accordingly.

Dated at the city of Calgary, in the Province of Alberta this 26th day of May, 2016.

SIGNED; S. Gray
City Clerk, The City of Calgary

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A family member of one of the victims of Matthew de Grood holds a heart with the victims names on it following a not criminally responsible verdict in the case on Wednesday in Calgary.
THE CANADIAN PRESS

'We continue to be broken'

COURT

Families of de Grood's victims react to verdict

Lucie Edwardson
Metro | Calgary

Family members of the five young Calgarians killed in a Brentwood house party in 2014 asked Canadians to inform themselves of the justice system, in particular the not criminally responsible (NCR) defence and its implications.

On Wednesday morning, Justice Eric Macklin of Court of Queen's Bench found Matthew de Grood not criminally responsible for the murders of Jordan Segura, Zackariah Rathwell, Kaiti Perras, Joshua Hunter and Lawrence Hong.

It ended the week-long trial that saw several experts testify to the psychological state of the accused and eventually the Crown supporting the defence assertions in closing arguments.

In a statement, the families thanked everyone for their support during the trial, but made clear their healing was just beginning. "The end of this trial is not the end of this journey for us, we continue to be broken," read a statement from the victims' families.

"There will be no peace for us; our wounds never fully heal because every year our families will have to wonder, what will be the fate of the man who damaged so many lives. Every year we will be forced to relive details of our family's deaths, the anguish and sorrow."

They pleaded for citizens to understand the implication of a not-criminally-responsible designation for crimes of this nature.

They said a possible review of de Grood as a high-risk NCR would give them some "gravitas" in knowing he would no longer be a threat to the public. He would be assessed every three years rather than every year after the high risk designation.

Outside the Calgary Courts Centre, Gregg Perras, father of Kaiti Perras said they have to accept the not-criminally-responsible decision. "NCR, it is what it is. You have to deal with people who are mentally ill," he said.

"We have to accept that there is no cure for schizophrenia.

"Our families have a life sentence. Our life sentence is to go to the Alberta review board and make sure this dangerous offender never gets out and has the chance to hurt anyone else."

Crown prosecutor, Neil Wiberg, told the court they're considering a "high risk NCR application."

Wiberg told reporters outside of court that if de Grood was found to be high risk there would be special rules. He said this could include a review board meeting every three years as opposed to every year and all decisions made by the review board would need to be brought before a judge for final decision.

In a statement read by de Grood's lawyer, Allan Fay, his client took full responsibility for the deaths of the victims.

Families of the victims, as well as the parents of de Grood, were sobbing as Fay read de Grood's statement.

"The victims never deserved to die," read Fay.

"I never intended for this to happen... I am sorry from the bottom of my heart."

WITH FILES FROM THE CANADIAN PRESS

THE DE GROOD FAMILY'S RESPONSE

Matthew de Grood's father delivers statement

With his wife by his side, the father of Matthew de Grood, Insp. Doug de Grood read a statement to media following the delivery of his son's verdict.

Voice trembling, and tears in his eyes, Doug de Grood delivered the following statement:

"We accept the decision of the court. We will continue to walk by our son's side as together we travel the long and painful road ahead of us.

Today is not the end of this tragic nightmare. We live with it every day. We will continue to live it everyday for the rest of our lives.

Everyone connected with this tragedy can never forget the overwhelming heartache and suffering from the families of the victims.

As we move forward we will continue to keep the victims and their families in our prayers, and hope that time will eventually begin to heal their pain and suffering."

LUCIE EDWARDSON/METRO

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Surveying the hazards

ROCKY VIEW COUNTY

Fire department has emergency plan in light of Fort Mac fire

Jeremy Simes
For Metro | Calgary

Rocky View County fire Chief Randy Smith's phone has been ringing off the hook after wildfires in Fort McMurray destroyed parts of the city earlier this month.

On Wednesday during a Rocky View 2020 meeting, Smith told rural landowners west of Calgary to be aware of wildfire risks as forested towns like Bragg Creek could face such dangers.

Smith, a former Fort McMurray firefighter, said the county's fire department recently finalized an emergency response plan in case Bragg Creek is threatened, establishing safety zones if people need to flee.

"Any time that you live in an area like that, forest fires and grass fires are something you have to keep in mind," he said.

The town of Bragg Creek held a forum to discuss wildfire preparedness in the community.
WIKIMEDIA COMMONS

The county surveyed forested towns like Bragg Creek, identifying structures and potential hazards.

He said all partner agencies will exercise an emergency plan in two months to understand what it would be like to deal with a wildfire.

> What I'd like to see is the various agencies come together in a unified response.
> Randy Smith

"What I'd like to see is the various agencies come together in a unified response," he said. "People need information, so part of our exercise will be understanding how we can get information out to the public.

"There are no two situations that will look the same. You have to look at where's the fire — or where's the flood — and where's the impact and what are your best options at the time."

But individual landowners must also be prepared for fires by including FireSmart measures, Smith added.

Such measures include cutting grass, keeping firewood away from buildings, clearing dead bushes, and re-modelling homes with non-combustable siding and asphalt roofs.

The county also provides assessments for landowners to see how their homes would fare if threatened by a fire.

Anecdotally, "a lot" more homes have implemented FireSmart measures ever since the Slave Lake Fire in 2011, Smith said.

"We see this right across the board, where a major event brings this close to home," Smith said. "It's like, 'Hey, this can happen to me.'

"I think we have been seeing many people move in the right direction."

INGLEWOOD

Concerns after train derailment

Helen Pike
Metro | Calgary

Canadian Pacific Railway is saying it's too soon to tell the cause of Tuesday's "minor" train derailment — let alone link it to February's in the same spot, which is still under investigation.

On Tuesday, a CP train derailed in a spot some Inglewood community members found quite familiar — the same spot as an incident in February 2016, and a much more serious incident September 2013.

It's the intersection of 15 Avenue and 19 Street SE, Inglewood, where on Tuesday six empty cars derailed at "slow speed."

"We always see a yard full of petroleum laden cars — and images of Lac Megantic are never far from our minds," said community member Tara O'Donovan. "With a derailment in this same spot several times, it seems clear that CP is not addressing the problem."

CP spokesman Martin Cej said there were no injuries. "Safety is our top priority.... We're just starting the investigation."

Mustang auctioned off for Fort Mac relief

RED CROSS

Car owner Marty Giles lost his home in the blaze

Jennifer Friesen
For Metro | Calgary

Marty Giles, owner and dealer principal of NorthStar Ford, is personally donating his Mustang to help raise money for Fort McMurray relief funds. JENNIFER FRIESEN/FOR METRO

Heavy.

That was how Marty Giles felt when he woke up the morning after wildfires sent him away from his Fort McMurray home.

The owner and dealer principal of NorthStar Ford lost his house in the blaze and, two days later, found himself thinking strange thoughts like: "Where is the mail going?" "What happened to my dry-cleaning?" and "What do I do with the brand new 2016 Ford Mustang Shelby GT350R I ordered?"

That was when Giles and his wife, Dennine, decided to auction off the car and donate all the proceeds to the Canadian Red Cross in support of the Fort McMurray Fire Relief efforts.

"It was just like that," he said, snapping his fingers.

"It seemed ridiculous that I had this car. I couldn't imagine driving it and seeing a family at the food bank. Maybe I'll get my own someday, but, right now, those people need the money more than I need a Shelby."

On Wednesday afternoon the highest bid for the car was $165,000 — and, when matched by provincial and federal governments, amounts to $495,000 to the Red Cross.

A bid for the car comes with an added package, including a helmet signed by New Orleans Saints quarterback Drew Brees and a package from Ford, which is yet to be announced.

Next year, when Giles gets a tax return for his personal donation, he will donate every penny to the Wood Buffalo Food Bank and the Fort McMurray Firefighters Relief Fund.

"We don't know what the need will be, but I just know it's going to be big," he said. "And I just think that if you're able to help out, you should. I don't need that car, but if a mechanic gets his tools back, someone gets furniture or someone needs help with their deductible, well, that's important."

Bidding closes Friday May 27 at noon, and to register, call 1-403- 239-1115 or email rebuildymm@northstarford-lincoln.ca.

ENMAX

Nenshi: $1.15M bonus like working at Gap

Helen Pike
Metro | Calgary

An Enmax executive was paid out $1.15 million in 2015 for his efforts in bringing a high-stakes project to completion — and Mayor Naheed Nenshi said it was "a pretty good investment" considering.

A contract that was signed in 2012 detailed exec David Rehn's wallet would be generously rewarded for his efforts, should the Shepard Energy Centre open without a hitch: "on budget, ahead of schedule and with an exemplary safety record having achieved no lost-time injuries in the more than 4.3 million hours worked."

"Certainly that bonus was very big, it was eye-opening to me too, but it was also part of an eight-year contract on a $1.4-billion dollar project that was delivered on time and on budget," Nenshi said. "That's less than 0.1 per cent of project costs to save against a one, two, five, 10 per cent cost overrun. I think it's a pretty good investment."

This comes after an overhaul of transparency at Enmax by city hall in 2011, when Nenshi said compensation was "a bit out of control."

The mayor compared the padded-out bonus to a private sector job at the Gap, where employees might "get a little bonus" in the Christmas season for meeting sales targets.

"Enmax runs as an entrepreneurial organization. No one at the City of Calgary gets bonuses like that, but there's a reason that Enmax has to compete against other utilities in the private sector," said Nenshi.

> **Certainly that bonus was very big, it was eye-opening to me too, but ... I think it's a pretty good investment.** Naheed Nenshi

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ENERGY

Notley rebuts 'arbitrary' carbon tax allegations

Premier Rachel Notley is dismissing opposition accusations that her NDP government's carbon tax bill contains invasive and arbitrary rules on search and seizure.

Notley told the house Wednesday that Bill 20 contains rules surrounding search warrants that are commonplace in Canada, and she accused the Wildrose party of fomenting fear.

"The opposition is taking language that has appeared in government legislation provincially and federally for years and they're suggesting that we invented it to create a new right that quite frankly doesn't exist," said Notley.

"If that's not fear mongering, I really don't know what is."

Bill 20, introduced Tuesday, is designed to give Notley's government the legal power to hike taxes on heating bills and gas at the pumps to fund its new multibillion-dollar carbon levy, starting in 2017.

Gas prices are to go up by 4.49 cents a litre next year and to 6.73 cents a litre in 2018. Diesel prices will rise by 5.35 cents a litre next year and 8.03 cents a litre the year after that.

Under Bill 20, officials who believe there are breaches of the levy can get a search warrant to go on properties, check fuel tanks, vehicles, buildings and computer hard drives.

Wildrose critic Nathan Cooper told the house that Notley is violating the sanctity of property and privacy that she once fought for in opposition.

"Surely the premier would agree that any legislation that gives the government the right to enter virtually any property without a warrant is a step too far," said Cooper.

The government estimates the levy will cost the average family $400 or more a year in direct and indirect costs, with much of that rebated to households in the middle and lower-income bracket.

THE CANADIAN PRESS

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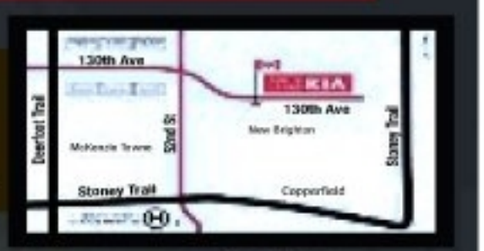

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Stacey Mudoni, Manandeep Singh and Bardya Hassanati lean out the back window on Calgary's fire safety trailer.

JENNIFER FRIESEN / FOR METRO

City hitches fire safety to trailer

EDUCATION

Initiative shows kids how to respond in face of emergencies

Jennifer Friesen
For Metro

On an average day, waking up to a blaring fire alarm and a room full of smoke is the last place you'd want to find yourself.

But, on Wednesday morning, the Grade 5 and Grade 6 students at Connaught School were clamouring at the chance to try it out in the city's new fire safety trailer.

The 32-foot trailer simulates emergencies in a kitchen and bedroom to teach kids how to react — and avoid — electrical hazards, kitchen fires and a room full of smoke.

After escaping the simulation through the trailer's window, Bardya Hassanati, 12, grinned and said it was a "great experience."

"I never knew you were supposed to touch the door with the back of your hand before you open it," he said. "Now I know how to help prevent fires, too. And I really liked the special effects, it felt really real."

To keep the simulation as realistic as possible, theatrical smoke pours out of outlets, microwaves and under doorways. The door is also heated so students can understand the real heat of a fire outside.

Through the support of ConocoPhillips, the fire safety trailer first hit the streets on April 5, but the plan to bring it to Calgary had been in place for more than two years.

"We noticed that there was a need for a program like this in our city, a program that can help children learn about fire safety through experiential learning," said Calgary's fire chief Steve Dongworth. "We know that our children are some of the best ambassadors for fire safety that we have, that they will share their knowledge, and the lessons they've learned in this program, with family and friends, helping to spread fire safety in our community."

> **Our children are some of the best ambassadors for fire safety.**
> Steve Dongworth

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Success a pattern for Anneke Forbes

FASHION

Designer began working with fabric at the age of 10

Aaron Chatha
Metro | Calgary

For Calgary designer Anneke Forbes, fashion isn't just a day job – it's in the fabric of her being.

Forbes first began sewing and working with patterns at the age of 10 – now she's presenting her handmade outerwear collection at this year's Parkshow 2016 showcase. The annual fashion show highlights local designers in Chinook Mall.

Among the classic shapes of her collection is a flurry of bold colours, from pink coats to baby blue motorcycle jackets.

"I think you can be classic, elegant and polished – but still have a bit of fun with your clothes," she laughed.

But those hems and herringbones aren't weaved from magic – Forbes' process starts with selecting the right fabric.

"Some people will sketch up images of their fantasy, and then try to find the fabric," she explained. "I always try to start with the fabric, because then I know, okay, this is what I'm working with. This is how the fabric behaves."

She usually tries to source her fabric from within Canada.

Forbes said she actually works a bit behind the fashion show calendar – she sees what trends emerge from the big shows, chooses which ones best suit her clients and – ultimately – goes with what she likes.

At that point Forbes sketches out what she wants, beginning with basic patterns. Then she develops the shape on a test fabric.

"I'm pregnant now, but until recently I would try them on myself," she said. "Now I have a fit model to try them on."

Forbes then goes back to the literal drawing board, adding details like pockets, and creating the piece of clothing anew.

Then she does it again. And again. And again. Until, after multiple iterations, it's perfect.

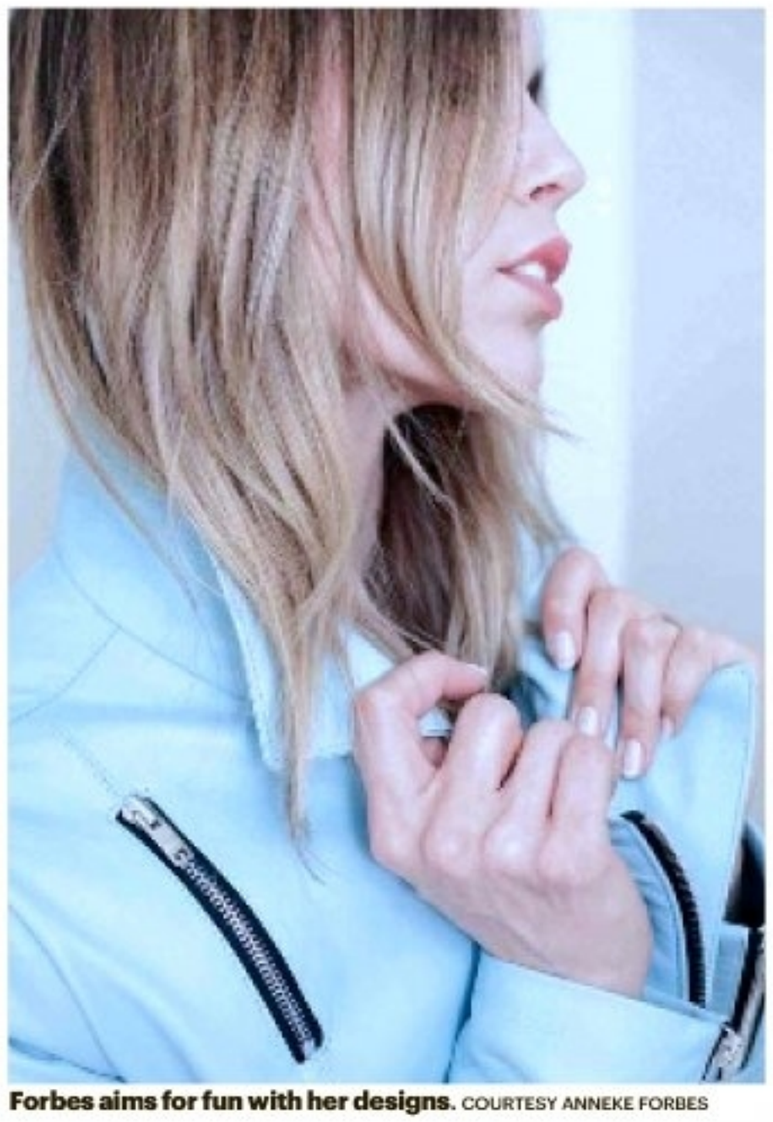
And for those who see the fabric on at Parkshow and think, "I need that," it's not a difficult process – many designs are sold right off the runway.

The annual Parkshow event acts as a night to for up-and-coming Canadian fashion designers to get some exposure – and for Calgarians to get in on new trends.

"We do have fashion here, and I feel like the attendees at Park are very fashion forward," said organizer Jessie Li.

The show takes place at 7 p.m. on May 27 and 28 at Chinook Centre, with a different lineup of designers each night.

For more information, visit ourparkonline.com.



Forbes aims for fun with her designs. COURTESY ANNEKE FORBES

IN BRIEF

No police wrongdoing
The Alberta Serious Incident Response Team says officers did nothing wrong in the case of a man who killed himself in northeastern Alberta.

On Sept. 28, 2015, RCMP found the 48-year-old man crouched in the bush with a long-barreled firearm pointed toward himself.

ASIRT says the man shot himself before one officer could deploy a Taser. THE CANADIAN PRESS

RCMP

Bound of missing climber discovered

The body of Calgary man — who never returned home after hiking Mt. Lawson — has been discovered.

On Tuesday, Kananaskis RCMP received a report of an overdue climber.

The climber left his Calgary residence Monday morning advising friends of his intention to climb Mt. Lawson.

According to RCMP, the climber's vehicle was located in an access road near Mt. Lawson and his body was recovered a short time later.

Preliminary investigation reveals the climber may have triggered a small snow avalanche.

The Calgary Medical examiner is conducting an autopsy Wednesday. The name of the deceased male will not be released.

METRO

The band has been performing in various line-ups for 15 years but only came together for Hi-Strung Downers just over two years ago. COURTESY CHRIS LEBLANC

Hi-Strung boys get down to business

MUSIC

Rockers finish their second album despite challenges

Aaron Chatha
Metro | Calgary

Calgary's Hi-Strung Downers may root their sound in the rock and roll of the 1950s and '60s but they're eager to remind listeners "it's not 1955 any more."

After two years of touring western Canada — including headlining the Medicine Hat Jazz Festival — the four-piece band returned to the studio to record its second album, Can't Feel Good All The Time.

A modern soundtrack to heartbreak, revenge and loss, it's the culmination of their shared experience, as members of the Hi-Strung Downers have been involved with multiple line-ups and bands over the past 15 years.

> It's almost like being in an episode of Lost; we're kind of isolated.
> Greg Callsen

According to vocalist Greg Callsen, it's not easy making an album in Calgary. The city is kind of an island.

"It's almost like being in an episode of Lost; we're kind of isolated out here," he said. "It's one of those cities where if you want to do something, you really have to do it yourself."

Every member of the band had a hand in creating the album's 11 tracks. Callsen said it can be a nerve-racking experience bringing a song to the group, where it's not judged solely on quality but also on how well it fits the group.

The songs are then refined under a true stress test — in front of a live audience.

"When it came to recording the album, we'd been playing some of these songs for about a year," Callsen explained.

From there the process became a bit smoother. Callsen said Calgary is home to a number of world-class recording studios and great home setups as well.

"It's relatively easy to drive to a friend's studio, set up, play and knock out an album over three days."

DETAILS

The Hi-Strung Downers release their new album on June 11 at the Ironwood Stage and Grill. For more information, visit histrungdowners.com.

ENVIRONMENT

Study traces organic aerosol air pollution to the oilsands

A new study in the journal Nature finds that Alberta's oilsands are one of the largest sources of organic aerosol air pollution in North America.

Data from airborne measurements over the bitumen-producing region found that oilsands production contributes at least 45 to 84 tonnes a day of the tiny particulate matter — comparable to mega-cities such as Paris and Mexico City.

The study, whose lead co-author is an Environment Canada scientist, says secondary organic aerosol production should be taken into consideration when assessing the environmental impact of current and planned oilsands development. And it suggests heavy-oil extraction projects around the globe are likely large sources of this type of pollution.

Secondary organic aerosols are produced when volatile organic compounds interact with sunlight and other airborne chemicals to create tiny particles, which have been found to cause lung and heart problems and other health effects.

The study found that low-volatility organic vapours from mined oilsands material is responsible for the majority of the secondary organic aerosols downwind from oilsands projects.

THE CANADIAN PRESS

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CALGARY DEALERSHIP CLEARING OUT ALL USED VEHICLE INVENTORY UP TO 50% OFF!!!

Carl Holst, Sales Manager at **Stampede Toyota,** just announced plans to hold a Used Vehicle Spring Clear Out Sale with savings up to 50% off every Used Vehicle in stock **Taking Place May 28, 2016.**

According to Mr. Holst, increased sales from the last few months have resulted in an overstock of tradeins. "In the last three months our sales have increased at a higher than expected rate", Holst said. "Now, we have too many cars and trucks on our used lot and must reduce this to a more manageable number.

During this Used Vehicle Clear Out Sale every used car and truck will be sold with discounts from 10% up to 50% off the original asking price. Our customers will find these prices thousands of dollars lower than our competition and even lower than the auctions." Mr. Holst Said. Auction bidding often inflates the true value of a car so you pay more. Here every car and truck is on sale up to 50% off, first come first served and no bidding.

It's the perfect opportunity to get a good quality used car at these amazingly reduced sale prices. This unheard of approach to selling used vehicles will make it easy and quick for anybody in the market for a good used vehicle to get a great car or truck at a very low price with no hassle or the need for endless haggling.

"Wholesale buyers will be represented to take trade-ins during the sale," Mr. Holst said.

One of Calgary's largest import dealers is overstocked and is forced to sell used cars and trucks for as low as 50% OFF May 28, 2016, during a one-day sale event.

at the lowest price in the city. All cars are on display at **Stampede Toyota on Barlow Trail, 2 blocks north of the Trans Canada Highway.** This Sale is one day only, doors opening at 8:30 am. Those who arrive early will get the best selection.

Prices will be posted on the windshields and customers will be given the opportunity to purchase the vehicle

"We also have four business managers who will help buyers arrange affordable financing options."

We've got over $10 Million Dollars in inventory to choose from. Our total Inventory will be close to 400 new and used cars and trucks to choose from. We want to remind everyone again that this is a oneday sale only. When their inventory has been reduced, they will remove the sale prices and return to normal operations.

"Since we are a local business we would like to give back to the community we are in," Mr. Holst said. "We would rather allow local people to buy these overstocked vehicles than have to wholesale them at an auction."

All cars will be clearly marked with discounts from 10% up to 50% for the entire day. Be sure to get down there early for best selection and take advantage of this opportunity to get the vehicle you have been waiting for, at the price you have been waiting for.

Due to the volume of sales during this event, please no telephone inquiries.

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G7 to hear Canada's economic approach

POLITICS

Trudeau to tout government investment, not belt-tightening

A group of powerful world leaders is about to hear a starkly new take on what Canada thinks must be done to revive the stagnant global economy.

Prime Minister Justin Trudeau will promote Canada's growth plan to his Group of Seven counterparts this week in Japan.

Trudeau's theme: government investment is better than belt-tightening. This approach will sound different to G7 leaders than the message they likely heard from Trudeau's predecessor, Stephen Harper.

The ex-Conservative leader regularly called upon the global community to apply budgetary restraint.

Trudeau's approach is expected to be well-received by most of his G7 peers at the two-day summit, which begins Thursday in Japan's Ise-Shima region.

Most of the leaders have supported the use of fiscal tools to foster growth, but countries such as Germany and the United Kingdom are likely to stick to their cost-cutting approaches.

One of Canada's closest G7 allies in the anti-austerity camp is Japanese Prime Minister Shinzo Abe, who met with Trudeau and International Trade Minister Chrystia Freeland on Tuesday in Tokyo.

Meanwhile, a media report from the Philippines says Prime Minister Justin Trudeau has received an apology from Filipino president-elect Rodrigo Duterte for the killing of Canadian hostage John Ridsdel. The report says Duterte told a news conference he apologized to Trudeau on Tuesday when the Canadian prime minister called to congratulate him on his recent election victory. THE CANADIAN PRESS

Canadian Prime Minister Justin Trudeau speaks during a press conference with his Japanese PM Shinzo Abe. THE ASSOCIATED PRESS

HALIFAX, N.S.

Missing Syrian girl's photo sparks hope

Canadian relatives of a missing five-year-old Syrian girl are appealing for help after a mysterious photograph surfaced on the Internet.

Mohamed Masalmeh, a cousin of the dark-haired girl, says he's sure the photo shows Mira Akram Al Jawabrah after she was rescued from a boat that overturned off the coast of Italy in August 2014, when the girl was three years old.

Relatives were initially told Mira, her parents and three younger siblings — Yousef, Mahmoud and Maria — had drowned as they were making their way from Libya to Italy at that time, said Masalmeh, a friend of the girl's father and uncle. The boat had more than 500 refugees aboard when it sank in the Mediterranean, he said. About 200 people disappeared.

"We completely lost contact with them, and we didn't know if they were alive or not," he said.

"We assumed that everybody was dead."

However, relatives later spotted the girl's picture among a series of photos on a Syrian news website showing survivors from the capsizing, he said.

A photo of the girl believed to be Mira Akram Al Jawabrah that appeared on a Syrian news website. HANDOUT/THE CANADIAN PRESS

"They had hope that she was still alive, and the picture proved that she was still alive," he said.

In the photo, the girl is holding at white card with the number 268 on it.

Masalmeh said he's not sure who took the photo, and he says requests for information from the Red Cross, the Italian government and police have yielded no useful information. The girl has an aunt living in Kitchener, Ont. and a grandmother living in Jordan, but Masalmeh says the family has had no luck making phone calls and submitting paperwork through official channels. THE CANADIAN PRESS

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A polar bear swims at Journey to Churchill at Assiniboine Park Zoo in Winnipeg. METRO FILE

Researchers add sparkle to bear poo

STUDY

Colour glitter used to tell one pile of scat from another

Elisha Dacey
Metro | Winnipeg

It brings new meaning to the term 'chasing rainbows.'

Researchers at Winnipeg's Assiniboine Zoo confirmed on Tuesday that they study the scat of their resident polar bears — and to tell one pile of poop from another, eight of the nine bears are fed a different colour of glitter.

"We have some questions about how polar bears are adjusting when they come from Churchill or Northern Manitoba," said Stephen Petersen, head of conservation and research at Assiniboine Park Zoo, where the International Polar Bear Conservation Centre is located.

The researchers are testing the level of cortisol — a stress hormone — in each bear to make sure the bears are adjusting well, said Petersen. If a bear is stressed out, say, from being in the public eye, handlers will make sure the bear gets a break.

In order to tell whose waste is whose, that's where the glitter comes in, said Peterson.

"So our bears will get a meatball with a little glitter in it, and each bear is assigned a different colour," said Petersen. Samples are collected by the zookeepers to be tested for local and international study, including researchers from the Toronto Zoo, Guelph University and an American research group.

> **We use kids' craft glitter, so safe for children to eat, and safe for polar bears.**
> Stephen Petersen

The bears are fed the glitter from the time they're cubs until they reach sexual maturity, about 6-8 years for the males and 4-5 years for the females.

And don't worry, the glitter is perfectly harmless.

"We use kids craft glitter, so safe for children to eat, and safe for polar bears," said Petersen.

Petersen said while it's funny to be talking about glittery poop, it is a reminder that the bears are being studied, not just housed, in the hopes of helping both captive and wild bear populations.

ANIMALS

'Bonnie and Clyde' capybaras still on lam

Luke Simcoe
Metro | Toronto

Having been led on a wild capybara chase through High Park, officials are changing tactics in a bid to apprehend two of the giant rodents that escaped from the Toronto park's zoo.

Park supervisors have crafted an "entrapment plan" to recapture the elusive capybaras should they try to return to the area near their pen, city spokeswoman Megan Price said.

The move comes after a failed two-day search involving more than 30 staff members. In addition to the human help, the city recruited a capybara from the Hands on Exotics shelter in Toronto to help draw out the missing animals.

"Unfortunately, our sniffer capybara friend was unsuccessful," Price said.

A sighting was reported late Tuesday night, but by the time parks staff showed up, the capybara had slipped away.

Price said the animals made a break for it while being transferred to their pen Tuesday morning. The pair were to replace Chewy, the resident capybara who will be sent to another breeding program.

Contrary to reports suggesting the escapees were both female, it turns out they were a breeding pair. "So instead of Thelma and Louise, we've got Bonnie and Clyde," Price said.

This capybara is helping find its missing friends.
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Punks, not politics, caused Trump riot

NEW MEXICO

Authorities say unruly mobs intended to cause mayhem

A day after a riot erupted outside a Donald Trump rally, Albuquerque officials blamed the downtown melee not on impassioned politics but on an unruly group intent on creating chaos in a city that has seen more than its share of violence.

Some participants openly admitted that they set out to cause disruption. Many in the crowd were seen with gang tattoos and at one point chanted to Trump supporters that they controlled the streets.

"I woke up all hung over and stuff," said Chelsea Rae Gray, a 24-year-old musician. "And then I said, 'Let's see what kind of chaos we can get into."' She said she came to the protest in her pyjamas and stole some Trump T-shirts from vendors during the confusion.

"Then I burned them," she said.

Cleanup crews spent Wednesday clearing away broken glass and charred debris in the largest city in the nation's largest Hispanic state. The mayor and police were tallying up the damage that spread to several blocks near historic Route 66.

> It was a riot that was the result of a mob trying to cause damage and injury to public property.
> City Council member Dan Lewis

Tuesday's gathering quickly turned from peaceful political opposition to chaos. Demonstrators stomped on patrol cars and shattered windows with rocks, authorities said.

Six officers were hurt after being hit with fist-sized rocks. They were treated at the scene, a police spokeswoman said.

At one point, a female protester was physically dragged from the stands by security. Other protesters scuffled with security as they resisted removal from the convention centre, which was packed with thousands of loud and cheering Trump supporters.

Trump responded with his usual bluster, instructing security to remove the protesters and mocking their actions by telling them to "Go home to mommy."

He responded to one demonstrator by asking, "How old is this kid?" Then he provided his own answer: "Still wearing diapers."

"It was a riot that was the result of a mob trying to cause damage and injury to public property and innocent citizens exercising their constitutional right to peaceably assemble," City Council member Dan Lewis said. THE ASSOCIATED PRESS

Riot police block off the Albuquerque Convention Center after a rally and speech by Republican presidential candidate Donald Trump in Albuquerque, N.M., Tuesday. THE ASSOCIATED PRESS

IN BRIEF

Greek refugee efforts significant, official says

Greece has faced major problems in dealing with the refugee crisis but has made a significant effort to handle the issues, a leading European human rights official said Wednesday. However, Council of Europe Secretary General Thorbjorn Jagland said, that concerns remain about the detention of some asylum-seekers while their applications are being processed in Greece. THE ASSOCIATED PRESS

UN says food aid reaches less than half of Syrians

Food aid has reached nearly half the civilians trapped in besieged areas of Syria, but much more remains to be done to help the 13.5 million in need across the war-torn nation, according to a United Nations report issued Wednesday. The report says there was an overall increase in fighting and a rise in civilian casualties in April. Food aid has reached over 200,000 people or 41.9 per cent of those living in besieged areas, nearly double the 21 per cent in March. THE ASSOCIATED PRESS

11 states suing Obama administration over trans directive

Texas and 10 other states are suing the Obama administration over its directive to U.S. public schools to let transgender students use the bathrooms and locker rooms that match their gender identity.

The lawsuit announced Wednesday includes Oklahoma, Alabama, Wisconsin, West Virginia, Tennessee, Maine, Arizona, Louisiana, Utah and Georgia. It asks a North Texas federal court to declare the directive unlawful in what ranks among the most co-ordinated and visible legal challenges by states over the socially divisive issue of bathroom rights for transgender persons.

The Obama administration has "conspired to turn workplace and educational settings across the country into laboratories for a massive social experiment, flouting the democratic process, and running roughshod over commonsense policies protecting children and basic privacy rights," the lawsuit reads.

Many of the conservative states involved had previously vowed defiance, calling the guidance a threat to safety while being accused of discrimination by supporters of transgender rights. U.S. Attorney General Loretta Lynch has previously said "there is no room in our schools for discrimination."

The White House had no comment on the lawsuit.

Texas' lieutenant governor has previously said the state is willing to forfeit $10 billion in federal education dollars rather than comply. The directive from the U.S. Justice and Education Departments represents an escalation in the fast-moving dispute over what is becoming the civil rights issue of the day.

Pressed about whether he knew of any instances in which a child's safety had been threatened because of transgender bathroom rights, Republican Texas Attorney General Ken Paxton said "there's not a lot of research" during a news conference. THE ASSOCIATED PRESS

Signs posted outside a high school gender-neutral restrooms in Los Angeles. AFP/GETTY IMAGES

Dave Bona, a veteran of the Canadian Airborne Regiment, says the Canadian military should follow the recommendations of a new U.K. report on mefloquine. TORSTAR NEWS SERVICE

U.K. deems drug risky

MILITARY

Anti-malaria medication was given to Canada's vets

A controversial drug that has been given to thousands of Canadian soldiers and is still in use in the military was deemed too risky for British troops in a landmark report released Tuesday.

The report by MPs on the U.K. parliamentary defence committee recommended that the British military use the anti-malaria drug mefloquine only as a "drug of last resort," due to the risk of severe psychological side effects. While adverse reactions to the drug are "in the minority, we do not believe that the risk and severity of these side effects are acceptable for our military personnel overseas," the report said.

In Canada, the report was welcomed by veterans who say the Canadian military has lagged behind its allies in restricting the drug's use and addressing the legacy of long-term side effects among soldiers.

Mefloquine, also sold under the brand Lariam, is one of several drugs used by the Canadian military to prevent malaria on missions to countries where the disease is present. According to pharmacy records, 15,677 Canadian soldiers were given the drug between January 2001 and March 2012, said National Defence spokeswoman Jennifer Eckersley.

The drug was first issued to Canadians in the ill-fated 1992-93 Somalia mission. All 900 soldiers with the Canadian Airborne Regiment on that mission were given the drug as part of a clinical trial. Mefloquine was unlicensed in Canada at the time, and some veterans of the mission have blamed the drug's side effects for violence by some soldiers, including the beating death of a Somali teen.

Dave Bona, a former Canadian Airborne soldier who suffered serious side effects from mefloquine in Somalia and Rwanda, said the U.K. report should be a turning point in Canada.

"After this report, it should be clear to the federal government. If they don't take action, there is something seriously wrong," said Bona from his home near Saskatoon.

After taking his first dose, Bona felt nauseous and had seizures that night. He was plagued by insomnia, nightmares and "explosive anger" during his nine-month deployment.

Bona experienced the same pattern after taking the drug in Rwanda in 1994. "I'd get so angry I could not think straight," he said.

After his deployments, Bona's symptoms followed him back to Canada. His marriage broke up, he turned to alcohol and he had trouble keeping jobs.

TORSTAR NEWS SERVICE

AZERBAIJAN

Noted investigative journalist freed

A prominent, award-winning Azerbaijani journalist was released on probation Wednesday following a storm of international protests about her imprisonment, which has been widely seen as an attempt to silence a critical voice.

Khadija Ismayilova has been praised by human rights and free-speech organizations around the world, who call her conviction and her 7-1/2-year prison sentence retribution for her reports on alleged corruption involving President Ilham Aliyev and his family in the former Soviet republic.

She vowed to continue her investigative reporting and to seek a full acquittal as she walked free Wednesday.

"I will continue my journalist work with renewed energy," Ismayilova said. "I feel younger and more energetic, and I will fight until the end."

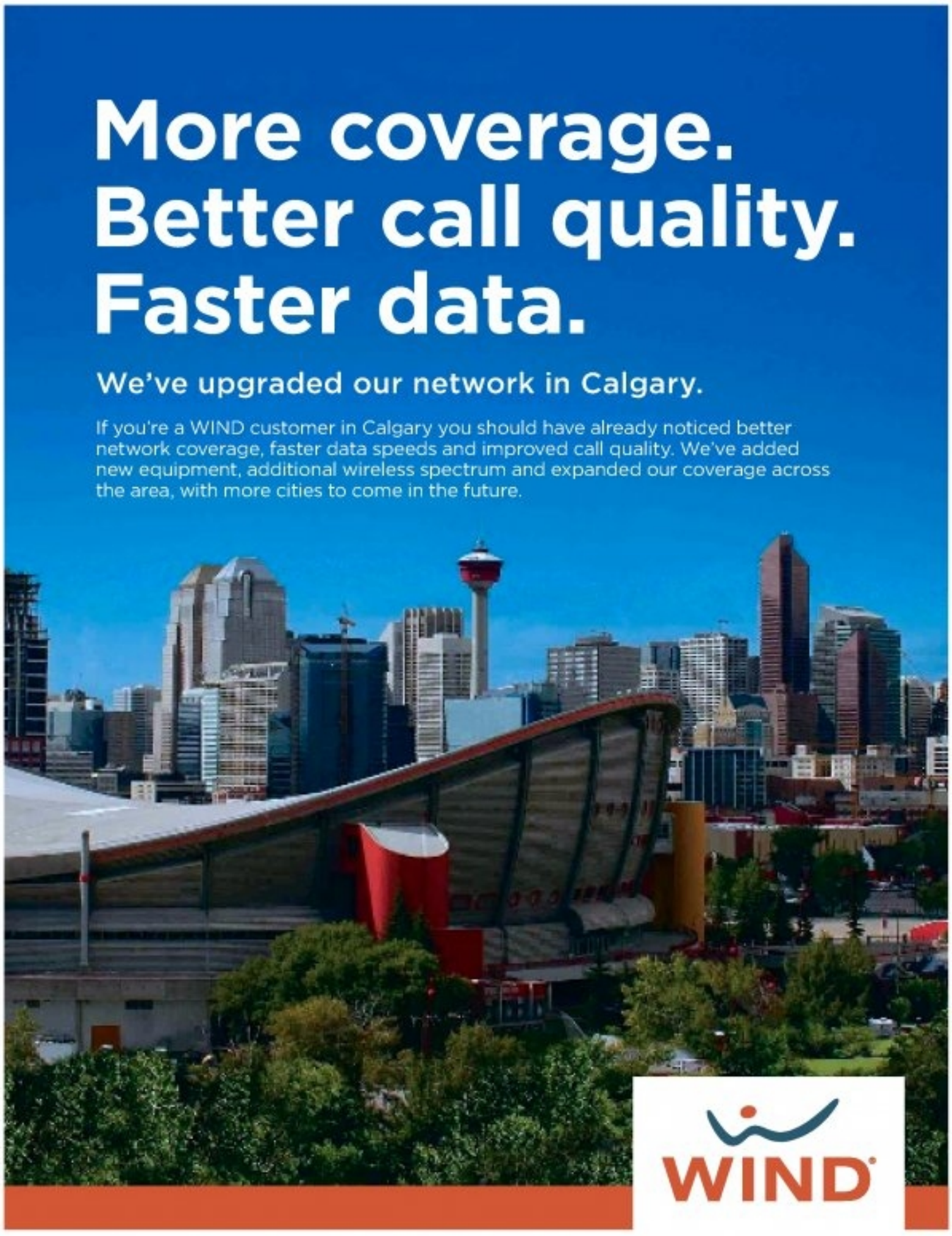
In September 2015, a court in Azerbaijan convicted Ismayilova, a contributor to U.S. government-funded Radio Free Europe/Radio Liberty, of several financial crimes.

On Wednesday, Azerbaijan's Supreme Court ruled to replace the earlier sentence with a 3 1/2-year suspended sentence and ordered her released on probation. The court set a five-year period for her probation.

Rights groups have criticized the Azerbaijani government for cracking down on independent media and opposition activists. Several other journalists and rights activists also have been imprisoned in what has been widely seen as an effort by the government to stifle dissent.

Ismayilova was convicted on charges of embezzlement, illegal business activity, tax evasion and abuse of power, which rights groups have denounced as trumped-up.

THE ASSOCIATED PRESS



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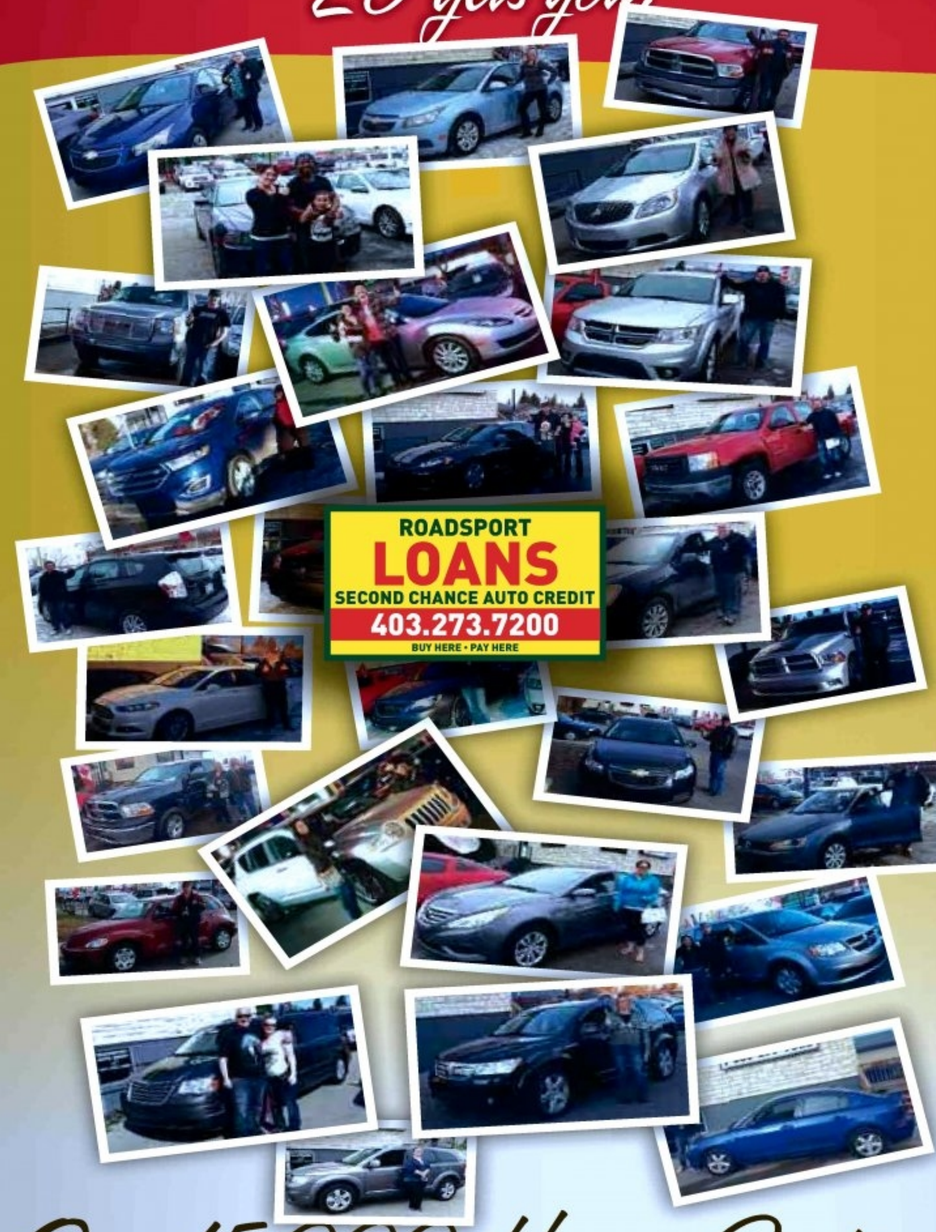

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Prime Minister Justin Trudeau and Fort McMurray Fire Chief Darby Allen look over a burned out car during a visit to Fort McMurray, Alta., earlier this month. The wildfires forced several oilsands operations to shut down. THE CANADIAN PRESS

Wildfires inflicted damage on economy

BANK OF CANADA

Disaster will cut GDP by 1.25 points in second quarter

The Bank of Canada said Wednesday that the wildfires that razed parts of Fort McMurray, Alta., and forced the shutdown of several oilsands operations will exact a toll on the economy, but noted that it would be temporary as it kept its key interest rate on hold.

The central bank said that its preliminary assessment — its first since the disaster erupted earlier this month — suggests the fires will cut 1.25 percentage points off real GDP growth in the second quarter.

In its April monetary policy report, the bank had predicted growth at an annual rate of 1.0 per cent for the second quarter.

"While we don't know the bank's updated tracking excluding the wildfires, it's likely that the bank is tracking a contraction for the second quarter," TD Bank senior economist Leslie Preston said.

The Bank of Canada is expected to update its full outlook for the economy and inflation in its next monetary policy report on July 13, when it also makes its next rate announcement.

Despite the cut to its expectations for growth in the second quarter, the Bank of Canada kept its key interest rate at 0.5 per cent. The rate is a major factor used by Canada's big banks in determining their prime lending rates.

The central bank noted that growth in the first quarter was in line with expectations and the economy is expected to rebound in the third quarter as oil production resumes and reconstruction of the areas devastated by the fire begins.

The downgrade of the second quarter follows similar moves by economists at some of Canada's big banks.

THE CANADIAN PRESS

EQUALITY

Gender gap not closing among CEOs

For the second year in a row, female CEOs earned more than their male counterparts and received bigger raises.

But only a small sliver of the largest companies are run by women, and experts say gender parity at the top remains way off.

The median pay for a female CEO was nearly $18 million last year, up about 13 per cent from 2014. By comparison, male CEOs' median pay was $10.5 million, up just 3 per cent from a year earlier, according to an analysis by executive compensation data firm Equilar and The Associated Press.

A pay hike doesn't tell the full story though.

The jump is largely due to the small sample size: only 17 of the 341 CEOs were women.

That means any one CEO's compensation — Yahoo CEO Marissa Mayer's nearly $36 million package, for example, or Mary Dillon's 200 per cent raise at Ulta — can skew the results. Of the 10 highest paid CEOs on the list, only one was a woman: Yahoo's Marissa Mayer.

$18M

The median pay for a female CEO, up 13 per cent from 2014.

The next highest-paid woman was Indra Nooyi, Chairman and CEO of PepsiCo Inc., who earned $22.2 million. General Dynamics CEO Phebe Novakovic came in third at $20.4 million. THE ASSOCIATED PRESS

IN BRIEF

Wrestler, website and billionaire go to the mat

Two months after Hulk Hogan won a $140-million invasion-of-privacy verdict against Gawker for posting a sex tape of him, news reports say the pro wrestler is bankrolled by Silicon Valley venture capitalist Peter Thiel. Thiel, who co-founded PayPal and was an early investor in Facebook, was outed as gay by a Gawker-owned website in 2007. Wednesday, Hogan and Gawker were back in a Florida court, where a judge denied his request for a new trial and refused to reduce damages. THE ASSOCIATED PRESS

Bank of Montreal to cut about 1,850 positions

The Bank of Montreal says it is cutting its workforce by about 1,850 positions as consumers shift more of their banking online and technological advancements allow it to digitize some of its processes. There were 46,166 full-time equivalent employees at the bank as of the second quarter, a decline of 616 employees from the previous quarter. The lender says it will trim its head count by an additional four per cent, which amounts to roughly 1,846 positions. THE CANADIAN PRESS

metro VIEWS
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PHILOSOPHER CAT by Jason Logan

METRO ANALYSIS

TWO VIEWS ON HARPER'S EXIT

CHANTAL HÉBERT THE UPSIDE

His departure should clear the way for a much-needed Conservative pivot on climate change.

The federal Conservatives are gathering in Vancouver to praise Stephen Harper on Thursday and — if they are smart — to start burying some of his signature policies over the rest of their national convention this weekend.

It will be the first time Harper addresses his party and Canadians since his election-night defeat. It will also be the last time he speaks to the Conservatives as an elected politician. By the time the party picks his successor a year from now, the former prime minister will be long gone.

More so than Harper's parting words, his departure — expected at the end of the spring session of Parliament — should clear the way for a post-mortem the Conservatives can ill afford to avoid.

Last October, a mismanaged election campaign only compounded the decade-long mismanagement of some core policies. Few of those are more closely identified with Harper's leadership than the party's dismissive approach to climate change. On his watch it became part of the Conservative brand, and an albatross around the party's neck.

If the post-Harper Conservatives need strategic reasons to make their peace with the environmental issue of the era and end their war on carbon pricing, the foundering of their full-speed ahead pipeline agenda should provide it.

By focusing on getting more bitumen oil to tidewater to the exclusion of climate change mitigation the Conservatives did not just set back the pipeline projects they were purporting to promote; they also poisoned their own well.

Last October, Harper's approach paid few dividends in the parts of Atlantic Canada where projects such as TransCanada's Energy East pipeline otherwise enjoy widespread support. His candidates were beaten across the region.

It failed even more spectacularly in B.C.. Going in to the last campaign, it was a long-standing pillar of Conservative support. On the scale of the party's past presence in the province, Canada's Conservatives are paying a visit to a field of ruins this weekend. Here are some numbers:

The Conservatives came out of the last election holding only 10 of 42 B.C. seats, seven less than the Liberals and four less than the NDP. It was the worst Conservative showing in at least three decades.

In 2000, the year Stockwell Day lost to Jean Chrétien, and the last time a divided conservative movement took on the Liberals, the Canadian Alliance won a majority of B.C. seats (27) and almost 50 per cent of the province's popular vote.

Between 2011 and 2015, the Conservative share of the vote went from 45 per cent to 30 per cent. Over Harper's majority mandate, the party lost almost 150,000 B.C. supporters.

More than one ingredient went into the mix of the Conservative debacle. In B.C. as everywhere else, voter fatigue with the 10-year old government and its leader. The retirement of high-profile minister James Moore highlighted a weaker provincial team. Not since John Turner ran for a Vancouver seat in 1984 and 1988 had the Liberals had a leader who could — as Justin Trudeau did — boast a personal connection with the province.

But B.C..was also then and is now the ground zero of the pipeline debate, with two high-profile projects — Northern Gateway and Kinder Morgan — on the radar. Its Liberal government pioneered a carbon tax in 2008. If there was a place in Canada where the federal Conservatives' quasi-daily rants against such a tax stood to come across as gross fear-mongering, B.C. was it.

Those rants — combined with constant pipeline cheerleading — did much to advance the notion that a Harper-led government could not be an honest broker in the search for a balance between environmental protection and energy development.

An Abacus poll published this week found that about 30 per cent of British Columbians are outright supporters of the pipelines. That matches the proportion that voted for Harper last fall. But another 30 per cent say they could come on side under certain conditions related to the protection of environmental and indigenous interests. It is that sizable middle-of-the-road constituency that the Conservatives drove to Trudeau over the course of Harper's watch.

Stephen Harper arrives at his Ottawa office Wednesday.
ADRIAN WYLD/THE CANADIAN PRESS

ROSEMARY WESTWOOD THE DOWNSIDE

He has a duty to serve constituents, one that should not be taken lightly or so easily swept aside.

Not so fast, Mr. Harper.

It seems the man we once feared harder to get rid of than a period stain is actually planning to leave us. The rumours broke yesterday: Insiders say Stephen Harper will resign from politics before the summer is through. And while the metaphoric backside of Harper is his only good side, in my opinion, I'm not at all pleased. In fact we should all be insulted.

Of course, anyone can see why he'd want to skip out on the next three years of Trudeau Land. Don Martin, host of CTV's politics show Power Play, assures us Harper has "gamely hung on" during the "excruciating" experience of Liberal rule these past months (cue violins). "He has suffered enough," we're told, by simply having to be a lowly, regular old opposition MP.

Spare me. This surely can't be fun for our haughtier-than-thou former PM, but that's something he should have thought about before running for re-election.

Perhaps Harper, swept up in his mission to rule Canada, if not the world, actually forgot that it wasn't just the Prime Minister's Office he was campaigning for: it was the much more cramped space belonging to the federal representative for the people of Calgary Heritage.

Harper has a duty to serve those constituents, one that should not be taken lightly or so easily swept aside. It's not even that bad a gig: He might be restricted to representing only the 80,000 voters in his home riding, but he's being paid a cozy $170,400 to do it.

While we're talking numbers, Harper's early election call launched a campaign totalling $443-million for all parties — a whopping 53 per cent jump from 2011, which we mere citizens are partly on the hook for. Any byelection triggered by a Harper resignation would cost hundreds of thousands more.

While there seems something especially petty about a once-mighty Harper refusing to do the work of some Canadians because most of the rest of us rejected him, this is hardly a Conservative problem. Federal politics is full of stories of early resignations, some more credible than others: Wanting to "spend time with family" is nice, but an obvious cop out. Taking another job is also a poor excuse for throwing our votes back in our faces. The arrogance and two-timing of the thing particularly grates.

Dennis Pilon, a political scientist at York University, told me that Canadian politics, among parliamentary systems, is particularly afflicted by early resignations. Moral suasion, he said, could be a treatment: "If the public conveys its displeasure with these kinds of antics, it raises the price on this sort of misbehaviour."

Of course, the only displeasure Harper would recognize is that of his own flock, and judging from comments on the Calgary Herald's website, conservatives are full of thanks for their former leader and wishes of "happy trails." I'm sure this response represents only a momentary lapse in commitment to stick-to-your-guns, see-the-job-through, don't-waste-taxpayers'-money conservative values.

I'm sure, if given the chance, Calgary Heritage's stalwart conservatives would again rush to re-elect him, despite knowing full well they were once but a means to a much bigger, juicier end.

For some politicians, a vote is clearly worthless if you don't get exactly what you want.

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Living life in the shadow of Pablo Picasso

The Mermaid, painted in 1986 by Françoise Gilot.
CONTRIBUTED

BIOGRAPHY

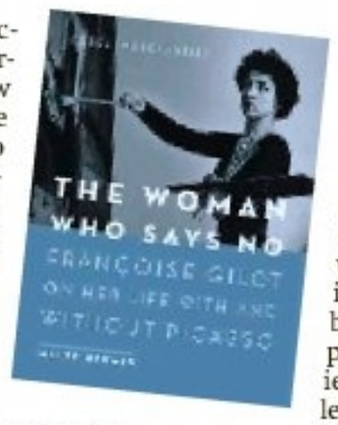
Françoise Gilot is still feisty, continues to paint in her 90s

Sue Carter
For Metro Canada

When German journalist Malte Herwig interviewed Françoise Gilot for the first time in 2012, he had a tough time convincing the then-92-year-old artist to pose for the accompanying magazine photos. There's no way in hell, she told him. Desperate, he tried to appeal to her ego. "I had the stupid idea to compliment her with the first thing that came to mind, which is, 'but you are very photogenic, madame.'"

Gilot shrieked with laughter, which was when Herwig realized his error. "I thought, 'Wow, is there anything more stupid I could have said to a woman who has been captured in portrait by Matisse and Picasso?'"

Awkward moment aside, three years later Gilot would pose in her studio for more photos to accompany Herwig's new book, The Woman Who Says No: Françoise Gilot on Her Life With and Without Picasso, published by Vancouver publisher Greystone Books. It's a fascinating story of a woman who, regardless of her own impressive artistic credentials, will forever be destined as a footnote in the biographies of her former lovers — artists Pablo Picasso and Henri Matisse, and medical researcher Jonas Salk, who discovered the first polio vaccine.



But the photos in Herwig's book, taken by Berlin photographer Ana Lessing, present an elegant, energetic woman who is clearly living as a successful artist in her own right, without a care for her notorious past. It's easy to see why Herwig was so taken by Gilot, and why, rather than writing a straightforward biography, he chose to pose the book as a series of lessons that he learned from spending time with the elderly artist, travelling between her Paris and New York–based studios. "The teacher-disciple dialogue is an ancient form since the 17th century. I thought I would revise it for modern day, sort of like Mitch Albom did for Tuesdays with Morrie," Herwig says.

Born in 1921 to a well-educated, wealthy family, Gilot's parents dreamed of having a boy, which led to her father treating her more like a son, which Herwig suggests set her up with the strong self-confidence and financial means that Picasso's previous partners — most of whom ended up committing suicide or in mental institutions — never enjoyed. Gilot met the famous artist when she was 21 and he was 61, and were together for 10 years, giving birth to two children, Claude and Paloma. After Gilot decided to leave Picasso for good, he threatened European gallerists that showing her work there would mean he would withdraw his own paintings, but instead of being defeated, she moved to New York, and began her own, if not understated, career there.

She helped pull me out of my own routine by giving me something to watch...
Journalist Malte Herwig on Françoise Gilot

That is not to say that Gilot's life has been easy.

"Nowadays children of celebrities they do their own thing, a fashion label, perfume, whatever, that's a dime a dozen," says Herwig.

"But back then it was still different. Picasso was the celebrity of 20th-century art and he cast a long shadow. But she did something on her own."

Though her health is ailing and she's tired of life, Gilot still gets up to paint daily, while still in her slippers — she can't imagine doing anything else. "That's what fascinated me," says Herwig. "How your work as an artist enables you to live fully. That's also something we can all aspire to, rather than fall into the routine of everyday life. She helped pull me out of my own routine by giving me something to watch, to observe, to think about."

Sue Carter is the editor at Quill & Quire magazine.

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BOOK BRIEFS

Coppola to release Godfather notebook

Francis Ford Coppola is to publish the notebook he kept during making of his classic film The Godfather reports Rolling Stone.

The 720-page The Godfather Notebook will detail the creative process behind the 1971 film, and will include Coppola's own annotations and directions, casting notes, and never-before-published photos.

"This notebook was my private work reference to The Godfather film, and after many years, I'm excited to share it with those who may be interested," said Coppola. The book will be released Nov. 15 via Regan Arts. AFP

Francis Ford Coppola. AFP

New store heralds Indigo comeback

ANALYSIS

First opening in five years a sign the book business is back

Indigo has opened a new book store at Sherway Gardens in Toronto, its first in five years. It will carry 80,000 titles.

After years spent battling a declining book market and defying prophecies of doom, Indigo is back in growth mode, said founder and CEO Heather Reisman, leading a guided tour of a new store at Sherway Gardens on Tuesday. It's the first store the chain has opened in more than five years, and follows a series of high-profile Indigo closures.

"So many people were writing Indigo off," said Reisman. "The key is to reinvent, to create a new vision and to go to that vision with real conviction."

Reisman said sales of physical books grew eight per cent last year, which is creating a cautious optimism among Canadian booksellers.

In 2015, the number of books sold nationally increased to 52.6 million, up from 52 million in 2014 and 2013, according to data from Booknet Canada.

"We'll see how 2016 unfolds, but it seems we may be reaching a settling in market," said Kate Edwards, executive director of the Association of Canadian Publishers.

Shaken by a steep decline in physical books sales following the introduction of e-readers and competition from online retailers like Amazon, Indigo has been searching for new footing. It has added toys to the mix and brought the American Girl doll brand to Canada to boost traffic and related sales.

The company has spent the last five years transforming from a bookstore to cultural department store for book lovers. The new location at Sherway Gardens is the first to fully encompass that new vision.

The new store features curated shops-within-a-shop, with books on common topics mooring a selection of related merchandise in open-concept rooms. Books on well-being are merchandised with electronic fitness trackers and water bottles.

A section called A Room of Her Own features books by women about women and books on fashion and weddings and merchandise that includes totes, knapsacks and jewellery. There are elegant chairs and a giant ottoman where guests can sit while they decide what to buy.

Indigo's CEO Heather Reisman says that young readers are driving sales of physical books. "Tweens and teens — that category is on fire." TORSTAR NEWS SERVICE

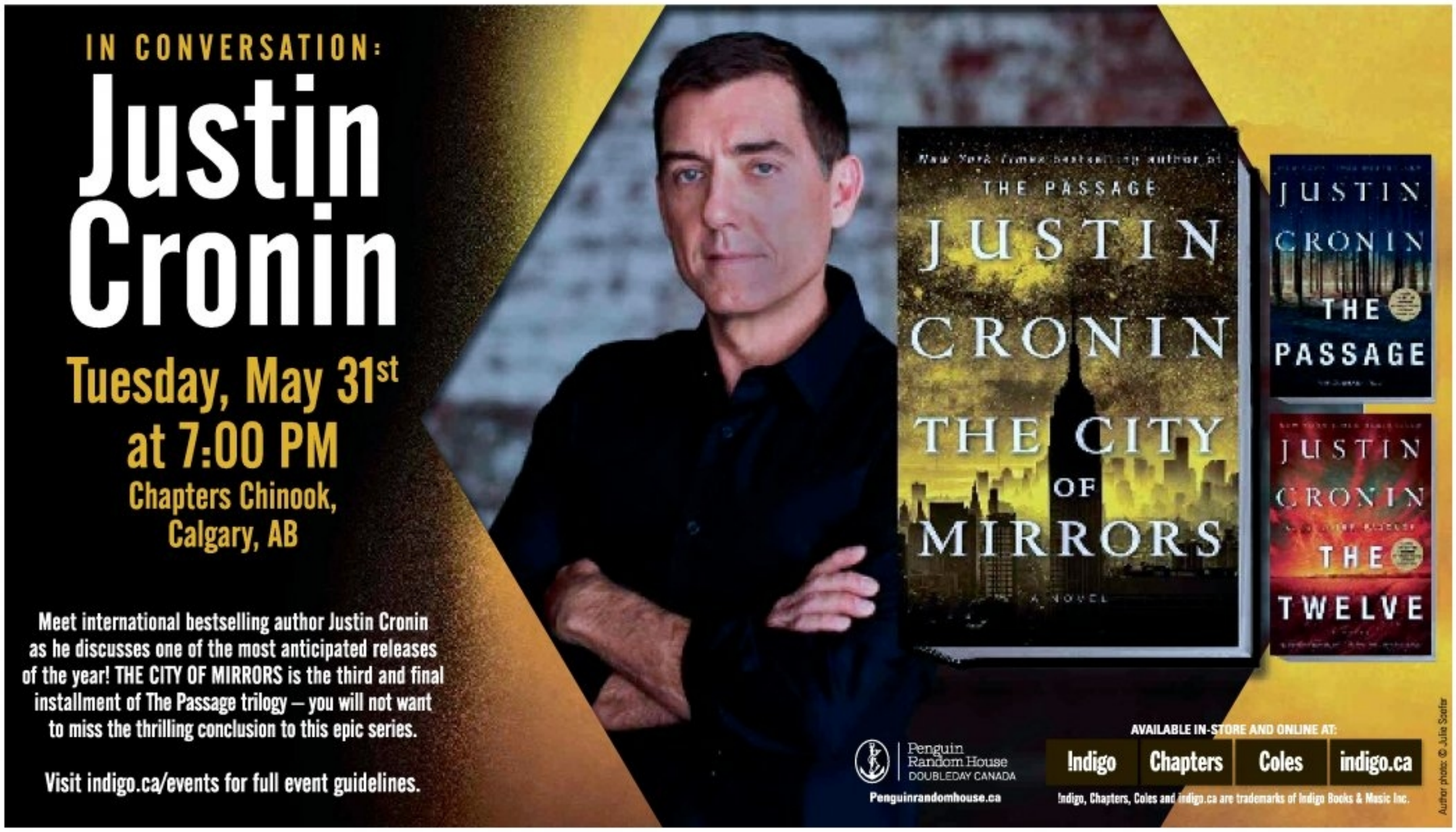
Books make up 60 per cent of merchandise in the new store, said Reisman.

"All of our stores are moving in this direction and we will, over the next couple of years, transform the entire collection of stores to be like this."

She's optimistic about the future of books, because young readers — the demographic typically glued to their mobile phones — are driving sales of physical books, Reisman said.

"Tweens and teens — that category is on fire. They're spending so much time glued to their screens, I think they intuitively know they need that rest, that moment to disconnect, because they don't disconnect much."

TORSTAR NEWS SERVICE



No purchase necessary. Skill testing question required. Contest open to residents of the province of Alberta 18 years of age or older. Thirteen (13) prizes are available to be won. Odds of winning depend on the number of eligible entries received in the applicable entry period. Contest Period opens at 12:01 am ET on May 2, 2016 and closes at 11:59 pm ET on May 31, 2016. For instructions to enter and complete contest rules, visit **www.wonderlist.ca/springfling**

SUPERHERO

She is still Ms. Marvel-ous

Ms. Marvel #7
BY: G. Willow Wilson, Adrian Alphona and Ian Herring
PUBLISHER: Marvel Comics

Mike Donachie
Metro | Canada

Ms. Marvel is one of the most exciting books around these days, and there's a new issue out this week. For the last two years, G. Willow Wilson has been grabbing attention with great stories featuring the new Ms. Marvel, Kamala Khan, who, it just so happens, is a 16-year-old Muslim girl with shapeshifting powers.

This isn't tokenism, or a box-checking exercise. These are all-ages (well, teen-plus) stories that follow the tradition Marvel set with Spider-Man, taxing a believable teen character with real-life problems that seem bigger than their superheroic battles.

Spidey turns up in this issue, which ties into Marvel's latest big event, Civil War II. But, if all the twists and turns of continuity seem impenetrable, there are two collected editions available. They offer about 20 episodes, and the second only came out last month. (Like so many other Marvel books, this one restarted its numbering seven months ago.)

And this week it's three superheroes, math problems and more. Cool stuff.

Captain America plays patriot games

COMIC

New book suggests superhero is a Hydra member

Two words no one ever expected Captain America to say? "Hail Hydra."

The new Captain America: Steve Rogers #1 comic book hit stands Wednesday featuring the return of the original Captain America, Steve Rogers, but with a shocking twist: in the final pages Rogers throws a fellow hero out of a plane to his death and says "Hail Hydra," the salute of the longtime Marvel Comics terrorist group Hydra.

The patriotic hero's apparent heel turn, following months of sitting on the sidelines, is the highlight of the new No. 1 issue written by Nick Spencer and drawn by Jesus Saiz, and the book's editor, Tom Brevoort, wants people to know they aren't falling back on any of the old comic-book switcheroos — a clone, a life model decoy or a Steve Rogers from another dimension — for this reveal.

"That's the real dude, and you'll find out the whys and wherefores in the second issue," Brevoort said.

Captain America has always reflected the era he's lived in, and adding this level of complexity to Steve Rogers' character just reflects where we are as a country, Brevoort said.

"In the zeitgeist of the moment that we're in, in the middle of sort of a very volatile election cycle where there's a lot of strange things going on in the world of politics, and the world and the country, it feels kind of appropriate, kind of right timing-wise, that you could get a revelation like this and it not feel out of step with where the nation happens to be in the moment," he said.

Captain America has been the focus of three movies from Marvel Studios: Captain America: The First Avenger, Captain America: The Winter Soldier and the current Captain America: Civil War.

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Helen Mirren. GETTY IMAGES

AUDIOBOOK

Mirren to narrate Beatrix Potter story

Helen Mirren's latest role is audio only.

The award-winning British actress is narrating the recently rediscovered Beatrix Potter story The Tale of Kitty-In-Boots, Penguin Random House told The Associated Press on Tuesday. The hardcover and audio editions are scheduled for a Sept. 6 release.

Mirren's many career highlights include her Oscar-winning performance in The Queen and her Emmy-winning role in Prime Suspect. The Beatrix Potter story is Mirren's first project for the booming audiobook market, although other top actors and actresses have served as narrators over the years, including Meryl Streep, Reese Witherspoon and Ian McKellen. THE ASSOCIATED PRESS

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BOOK EXCERPT

GRIT, BY ANGELA DUCKWORTH

In her new book Grit: The Power of Passion and Perseverance, researcher, psychologist and professor Angela Duckworth looks into success and what powers it.

Rather than suggesting success comes from an innate "genius," Duckworth argues its a combination of passion and perserverance — a sense of Grit.

In this excerpt, Duckworth sheds light on how we can discover how "gritty" we are in our own life.

I recently gave a lecture on grit to undergraduates at the Wharton School of Business. Even before I'd cleared my notes from the podium, an aspiring entrepreneur rushed to introduce himself. He was charming — full of the energy and enthusiasm that makes teaching young people so rewarding.

Breathlessly, he told me a story meant to illustrate his own prodigious grit. Earlier that year, he'd raised thousands of dollars for his startup, going to heroic lengths to do so, and pulling several allnighters in the process.

I was impressed and said so. But I hastened to add that grit is more about stamina than intensity. "So, if you're working on that project with the same energy in a year or two, email me. I can say more about your grit then."

He was puzzled. "Well, I might not be working on the same thing in a few years."

Good point. Lots of ventures that seem promising at the start turn out badly. Lots of optimistic business plans end up in the discard bin. "Okay, so maybe this particular startup won't be what you're working on. But if you're not working in the same industry, if you're on to some totally unrelated pursuit, then I'm not sure your story illustrates grit."

"You mean, stay in one company?" he asked.

"Not necessarily. But skipping around from one kind of pursuit to another — from one skill set to an entirely different one — that's not what gritty people do."

"But what if I move around a lot and, while I'm doing that, I'm working incredibly hard?"

"Grit isn't just working incredibly hard. That's only part of it." Pause.

"Why?"

"Well, for one thing, there are no shortcuts to excellence. Develop ing real expertise, figuring out really hard problems, it all takes time— longer than most people imagine. And then, you know, you've got to apply those skills and produce goods or services that are valuable to people. Rome wasn't built in a day."

He was listening, so I continued.

"And here's the really im-

EXCERPT FROM GRIT BY ANGELA DUCKWORTH ©2016. PUBLISHED BY HARPERCOLLINS PUBLISHERS LTD. ALL RIGHTS RESERVED.

to success

portant thing. Grit is about working on something you care about so much that you're willing to stay loyal to it."

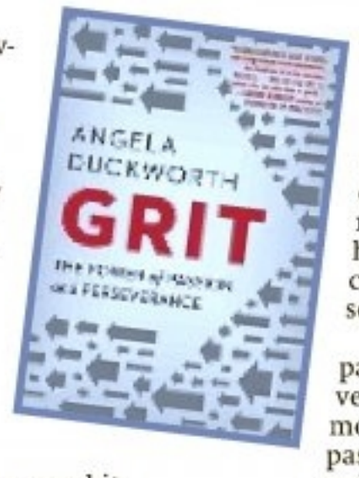
"It's doing what you love. I get that."

"Right, it's doing what you love, but not just falling in love — staying in love."

• • • • • • • • • • • • • •

How gritty are you? Below is a version of the Grit Scale I developed for my study at West Point and which I used in other studies described in this book. Read each sentence and, on the right, check off the box that makes sense. Don't overthink the questions. Instead, just ask yourself how you compare — not just to your coworkers, friends, or family — but to "most people." Keep in mind that your score is a reflection of how you see yourself right now. How gritty you are at this point in your life might be different from how gritty you were when you were younger. And if you take the Grit Scale again later, you might get a different score. As this book will continue to show, there is every reason to believe that grit can change.

Grit has two components: passion and perseverance. If you want to dig a little deeper, you can calculate separate scores for each component: For your passion score, add up your points for the odd-numbered items and divide by 5. For your perseverance score, add up your points for the even-numbered items and divide by 5.



If you scored high on passion, you probably scored high on perseverance, too. And vice versa. Still, I'll take a guess that your perseverance score is a wee bit higher than your passion score. This isn't true for all people, but it's true for most people I've studied. For instance, I took the scale while writing this chapter, and I scored 4.6 overall. My perseverance score was 5.0, and my passion score was only 4.2.

Strange as it sounds, staying focused on consistent goals over time is more of a struggle for me than working hard and bouncing back from setbacks.

This consistent pattern — perseverance scores more often topping passion scores — is a clue that passion and perseverance aren't exactly the same thing. In the rest of this chapter, I'll explain how they differ and show how to understand them as two parts of a whole.

While taking the Grit Scale, you might have noticed that none of the passion questions asked how intensely you're committed to your goals. This may seem odd, because the word passion is often used to describe intense emotions. For a lot of people, passion is synonymous with infatuation or obsession. But in interviews about what it takes to suc- ceed, high achievers often talk about commitment of a different kind. Rather than intensity, what comes up again and again in their remarks is the idea of consistency over time.

For instance, I've heard of chefs who grew up watching Julia Child on television and remained fascinated with cooking into adulthood. I've heard of investors whose curiosity about the financial markets is as keen in their fourth or fifth decade of investing as it was on their very first day of trading. I've heard of mathematicians who work on a problem — the same problem — day and night for years, without once deciding, "Oh, to heck with this theorem! I'm moving on to something.

'How gritty are you?'

	Not at all like me	Not much like me	Somewhat like me	Mostly like me	Very much like me
1. New ideas and projects sometimes distract me from previous ones.	5	4	3	2	1
2. Setbacks don't discourage me. I don't give up easily.	1	2	3	4	5
3. I often set a goal but later choose to prursue a different one.	5	4	3	2	1
4. I am a hard worker	1	2	3	4	5
5. I have difficulty maintaining my focus on projects that take more than a few months to complete.	5	4	3	2	1
6. I finish whatever I begin	1	2	3	4	5
7. My interests change from year to year	5	4	3	2	1
8. I am diligent. I never give up	1	2	3	4	5
9. I have been obsessed with a certain idea or project for a short time but later lost interest	5	4	3	2	1
10. I have overcome setbacks to conquer an important challenge	1	2	3	4	5

MUSIC

The Hip plans tour amid cancer tragedy

The Tragically Hip will play concerts in 10 cities across Canada this summer, the band announced Wednesday.

The tour dates were revealed a day after the announcement that singer Gord Downie has been undergoing treatment for terminal brain cancer.

The tour is in support of the band's 14th album, Man Machine Poem, which will be released June 17.

It will begin July 22 in Victoria and end in the band's hometown of Kingston on Aug. 20, according to a news release. Tickets will be available to the general public on June 3, with a presale beginning May 30.

TORSTAR NEWS SERVICE

CONCERTS

July 22, Victoria, BC
July 24, Vancouver, BC
July 28, Edmonton, AB
Aug. 1, Calgary, AB

Gord Downie, who announced this week he has terminal brain cancer, performs with The Tragically Hip in Toronto in 2003. KEVIN FRAYER/THE CANADIAN PRESS

JOHANNA SCHNELLER WHAT I'M WATCHING

The lonely side of Louis C.K.

THE SHOW: Horace and Pete, Season 1, Episode 2
THE MOMENT: The sex fantasy

Louis C.K.'s character Horance confesses his odd fantasies to his late father's girlfriend in a hilarious dream sequence in Horace and Pete. CONTRIBUTED

Horace (Louis C.K.) sits in his Brooklyn apartment, taking a break from the bar downstairs, which he runs with his brother Pete (Steve Buscemi). His late father's girlfriend, Marsha (Jessica Lange), appears beside him on the sofa. As they chat, it becomes clear Horace is imagining this.

"Why can't I have normal sex fantasies?" Horace asks. "I wish I had clean sex, about love. People have sex, and the whole time they're smiling at each other."

"Like Obama," Marsha says.

"Yeah," Horace says. "I bet they have nice sex, clean and full of love."

"Where did you get the idea that there are clean hard-ons?" Marsha sneers. "Sex is dirty. Bad and dirty and smelly and messy…"

"I just came," Horace says.

I've only watched two of the ten episodes, which Louis C.K. writes, directs, and sells on his website for $31 U.S., and I really like it. It's filmed like a play. It's quite still — no soundtrack, no fancy edits. It's populated with great actors, who are palpably keen to help Louis C.K. make something that feels new: Alan Alda as Horace's racist uncle; Edie Falco as his sister, who's fighting to sell the bar; Aidy Bryant as his daughter, who's trying to love him.

But Horace and Pete is some of the loneliest television you will ever see. Art exists to explore uncomfortable truths, and the truth depicted here is that even when we're surrounded, we're alone; even when people want to help, they usually can't. It's Cheers by way of Long Days' Journey into Night.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

GLAAD responds to hashtag campaign

Elizabeth Olsen, left, Chris Evans and Sebastian Stan in Captain America: Civil War, which has garnered criticism online for its lack of lesbian, gay, bisexual or transgender characters. DISNEY/MARVEL

ACTIVISM

'Give Captain America a Boyfriend,' Twitter says

Captain America snags a kiss from Sharon Carter in the latest Marvel pic, Captain America: Civil War, but many fans are wishing it was from someone else — specifically, a man.

On Tuesday, the hashtag #GiveCaptainAmericaABoyfriend became a top trending topic on Twitter, which advocacy group GLAAD says is a sign that audiences are eager for significant LGBT characters in their superhero movies. This comes less than a month after GLAAD issued its annual studio responsibility index, which found that Walt Disney Studios, which owns Marvel, included zero LGBT characters in its films last year.

"It's getting increasingly difficult to ignore that LGBT people remain almost completely shut out of Hollywood's big budget comic films that have dominated the box office over the past couple of years," said Megan Townsend, GLAAD's entertainment media strategist, who noted there are LGBT characters in both the source comics and in television adaptations, but not on the big screen.

Tuesday's trending was powered by both advocates and dissenters.

Scores of Twitter users suggested that Steve Rogers/Captain America (Chris Evans) be paired up with his old friend Bucky Barnes/The Winter Soldier (Sebastian Stan), who has been a significant player in all three Captain America films. But other tweets decried the rallying call, stressing that the character has never been gay in the comic book source material.

Townsend disagrees. In fictional worlds, she said, there's "room for established characters to have backstories built out that we weren't aware of."

Beyond Captain America, too, Townsend noted that there are LGBT characters in Marvel comics, like a pair of lesbians in Guardians of the Galaxy, who she hopes audiences might meet in the next film version, out next year.

Captain America: Civil War is poised to become the highest grossing film of the year in a matter of days, and has already earned over $1 billion worldwide. That sort of worldwide visibility is invaluable in fostering greater acceptance, GLAAD says.

> **LGBT people remain almost completely shut out of Hollywood's big budget comic films**
> Megan Townsend, Media strategist, GLAAD

"We've met with several activists who have (noted) the power of U.S. media in their country and how the conversations have changed there," Townsend said. "They really do have an opportunity."

The #GiveCaptainAmericaABoyfriend movement follows another social media ruckus earlier in the month with the hashtag #GiveElsaAGirlfriend, referring to the character from Disney's Frozen.

Frozen was also a smash success at the worldwide box office, but the inclusion of an LGBT character in the sequel could have an even bigger impact because it's an animated film. Townsend said that LGBT representation in all-ages media is especially important.

Idina Menzel, who voices the character of Elsa, told Entertainment Tonight recently that she thinks the viral movement is "great," but that it's also something that the studio needs to "contend with" and "figure out."

Characters from Star Wars: The Force Awakens also got the meme treatment, with fans suggesting earlier this year a romance between Oscar Isaac's Poe and John Boyega's Finn using the hashtag #FinnPoe and drawing illustrations of the two characters embracing. Such pairings are a fan fiction tradition going back to the late 1970s with stories about the Star Trek characters Kirk and Spock.

It remains to be seen whether or not Hollywood will make any adjustments based on fan campaigns like these. Neither Disney nor Marvel responded to requests for comment. But for GLAAD, it's another sign that the public is not satisfied with the status quo, and a case to "let it go."

THE ASSOCIATED PRESS

SEX TAPE

Judge nixes new Gawker-Hogan trial

A Florida judge on Wednesday denied Gawker's motion for a new trial in the Hulk Hogan sex-video case and won't reduce a $140 million jury verdict.

Judge Pamela Campbell did elaborate on her decision, the latest development in a years-long legal fight between Hogan, whose real name is Terry Bollea, and the gossip website.

Hogan sued Gawker after it posted a 2007 video of him having sex with Heather Clem, wife of his then-best friend Bubba The Love Sponge Clem, who made the video. During the Gawker trial, Hogan mournfully described how Clem betrayed his trust.

The three-week trial was a look at the business of celebrity gossip and debate over newsworthiness and celebrity privacy.

In March, a Pinellas County jury awarded Hogan $115 million in compensatory damages and $25 million in punitive damages.

Hogan lawyer David Houston released a statement saying that the judge's decision reflects that "Gawker has failed and continues to fail in recognizing their obligation to Bollea for their reprehensible behaviour and method of doing what they call journalism."

Gawker did not immediately respond to the decision. Earlier this month, Hogan sued Gawker again, saying the website leaked sealed court documents containing a transcript that quoted him making racist remarks. In the transcript, Hogan, who is white, makes several racist statements about his daughter's ex-boyfriend, who is black. Once the Enquirer published the story, WWE severed its longtime ties with the famous wrestler. Gawker denies it leaked the transcript.

The latest suit also accuses a talent agent, two disc jockeys, a radio company and a lawyer of conspiring to send news media outlets the sex tape and causing Hogan emotional distress and economic harm.

THE ASSOCIATED PRESS

Hulk Hogan during a break in his trial against Gawker Media in March. STEVE NESIUS/THE ASSOCIATED PRESS

> **Gawker has failed and continues to fail in recognizing their obligation**
> David Houston, Hogan lawyer

Jon Stewart adopts paint-covered horse

ANIMAL RESCUE

Former owner claims the horse was never injured

Tracey Stewart kneels besides Lily, the horse she adopted during a news conference Wednesday in Kennett Square, Pa. MATT ROURKE /THE ASSOCIATED PRESS

A horse adopted by Jon Stewart and his wife reported to have been shot more than 100 times by a paintball gun was instead used as a canvas for children's finger-painting parties, the former owner of the horse said.

Doreen Weston said the horse was never injured. Her comments came on the same day the former Daily Show host's wife, Tracey, officially adopted the white mare named Lily at a facility in Kennett Square, Pennsylvania. The Stewarts partnered with Farm Sanctuary last year to open an animal sanctuary at their farm in Middletown, New Jersey.

Lily was found seemingly abandoned at an auction stable in New Holland, Pennsylvania, in March. Police said she was covered in paint and extremely sore to the touch.

The abused horse tale soon became a cause celebre, but the horse's previous owner says the story relayed by the Lancaster County SPCA that it was shot by paintballs is wrong. Tracey Stewart, meanwhile, said that the incident shows that too many people think animals are disposable.

Weston, who owns Smoke Hollow Farm in Pittstown, New Jersey, said the horse is about 35 years old and she acquired it in the late 1990s. She said she wanted the horse euthanized because its quality of life was so poor, due to deteriorating eyesight and bad teeth, and contacted a horse dealer to take the horse in February. She said she assumed he would euthanize the animal, but didn't explicitly tell him to.

Phillip Price, of East Providence, Rhode Island, was convicted Friday in New Holland of animal cruelty and other charges related to transporting a horse in poor condition. Price is also on probation in Rhode Island after pleading no contest to animal cruelty in July, according to court records. An email and phone message left with Price's attorney wasn't immediately returned.

Weston contends that the mare loved the kids' attention during the finger-painting sessions, saying it was "like a massage."

"I consider myself a respectable horse person and animal lover," Weston said. "There is always an issue about what to do with older animals. When the animal is past living a quality life, you should stop its suffering."

Susan Martin, director of the Lancaster County SPCA in Pennsylvania, said Wednesday she doesn't find Weston credible, and said she should have come forward weeks ago. Weston said she let officials know early on of the finger-painting, but they let the paintball story persist.

Martin said she's not exactly certain where the paintball injuries theory originated, but she said it made sense because the animal flinched every time it was touched and was splattered with paint.

"The bottom line is her business is being affected by this and wthat is what she cares about," Martin said.

Weston supplied the AP with photos of a February finger-painting party with a stained horse that looks like Lily, as well as emails between her and her veterinarian about a treatment plan for the horse's eye issues.

After she was found at the New Holland stables, Lily was cared for by Penn Vet's New Bolton Center in Kennett Square.

"Regardless of where the paint on her coat originated, our assessment that she was malnourished and in need of emergency intensive eye care drove our treatment plan," Dr. Rose Nolen-Walston, of the New Bolton Center, said.

Her right eye had to be removed.

Tracey Stewart said she's struck by how many people disregard animals when they can't make money off them or no longer have a need for them.

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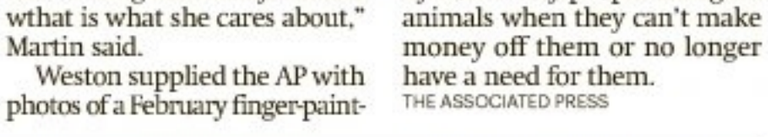

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5 BEST HERBS TO GROW IN YOUR GARDEN

Expert gardener and author Mark Cullen is no cook, but he sure knows how to grow things! Here, he shares his tips on the top five herbs to have in you garden and what you need to know about how to grow them.

MARK CULLEN/FOR TORSTAR NEWS SERVICE

1 Basil

Experienced gardeners and cooks will know this is a no-brainer. Of course basil is No. 1 on my list. It is versatile as a culinary herb and it grows easily, given certain conditions. The first is the need for sunshine. In its native India, it receives more than a lot of heat and sunshine. Basil is a frost tender annual. You can start the seeds now or you can pick up small plants at your garden retailer. Keep them in your sunniest window until the end of May before you plant them out. Basil is an excellent container plant. Plant it in a quality planting mix and don't reuse the soil from last year as it is tired out. Put the old planting mix in the garden and work it in the existing soil.

2 Dill

Dill is a cinch to grow in any spot in the garden with a minimum of six hours of sunshine. It prefers an open, fertile soil but is not all that fussy. Avoid clay-based soil. The big challenge to growing dill is to avoid hoeing it out when you are weeding. Harvest the leaves as the plant matures for fish dishes and the seeds make great pickles. To grow it next year, just let some of this year's crop drop its seeds. You will have dill for life.

3 Rosemary

This is an appetite stimulant. If you find yourself without one (an appetite) just run your hands through a rosemary plant and inhale the aroma as you activate the essential oils on the plant. Give it a few minutes and you will be ravenous. Rosemary grows well in containers and when you clip its foliage for use in the kitchen it just gets thicker and better looking. Don't plan on keeping it over the winter, even though it is defined as a perennial woody herb.

4 Chives

If you are the person I keep meeting who says, "I can't grow anything," this is for you. Everyone can grow chives. Sow seeds directly into a container or plant store-bought versions right into the garden or containers. Chives are winter hardy. The last clump I planted, I stole from the compost heap at the community garden near me. A nice lady with a dog let me in.

5 Parsley

Technically this is a biannual. It grows for two years and then dies. I have good luck with it in the garden and in containers. It is unusual in that it only needs four hours of sun to do well. Look for the classic curly leafed parsley for garnishing any dish, or to add to a salad or soup. Italian parsley is tougher, grows more quickly, and is useful in cooking. I don't recommend it raw, though no doubt someone eats it that way.

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EYES UP RAISING THE CEILING CAN REALLY CHANGE A ROOM

So many North American homes are built with flat and noticeably low eight- or nine-foot ceilings. Some homeowners are opting to change that, extending their ceilings all the way up to the roof. It's a big project, but it can powerfully change the look and feel of a home. THE ASSOCIATED PRESS

Architects tend to look skyward: The ancient Greeks built coffered ceilings in their temples. Romans introduced the barrel vault. Medieval builders constructed Gothic arches and Renaissance domes to inspire the masses.

American builders in the early and mid-20th century did embrace flat ceilings.

Frank Lloyd Wright would manipulate the impact of a flat ceiling by designing it lower near a room's entrance. "So when you came in the room and he popped it up, you felt that you'd arrived somewhere," says Lichten, founder of the architecture and design firm Lichten Craig.

Trouble is, many other midcentury home-builders didn't get Wright's message.

Piggyback on other construction

If you're already doing heavy remodeling — perhaps removing walls to open up a kitchen and dining room — consider raising the ceiling in those rooms, suggests Chip Wade, contractor and host of HGTV's Elbow Room and Curb Appeal: The Block. The expense and challenge of redistributing the roof's load can be shared by both projects.

If you're not making any other changes, then raising a ceiling is an expensive choice, similar to putting an addition on your house, says Scott McGillivray of the DIY Network series Income Property.

Yet it can be worth the investment. "It changes the feel of the whole space," McGillivray says, so there's no harm in getting estimates and considering the project.

Every home is different

Get estimates from engineers or architects who can think creatively about your particular home, says Wade.

"It needs to be someone who can see the engineering side first" and will consider more than one approach, Wade says.

Raising the ceiling of an older, pre-1950s home can be simpler than doing so on a newer home, says McGillivray, because older houses were often built with rafters rather than prefab trusses. Exposing rafters doesn't change the structure of the roof, so it's a smaller job.

Removing modern trusses and rebuilding the roof's support is a larger project, usually involving the addition of a huge centre beam running the length of the room.

Older, Victorian-style houses are likely to have a very pitched roof, adding considerable height to a room. So you can raise the ceiling to a game-changing height by exposing those vintage rafters.

A home once with ceilings barely 8 feet high were raised as shown to create a dramatic open space. THE ASSOCIATED PRESS

Other ceiling options

If raising your ceiling is too expensive, consider easy, decorative fixes like metallic ceiling tiles and coffered panels.

You can make the most of a decorative ceiling through "vertical tricks," says Lichten. Try installing paneling vertically up to the ceiling, or adding tall, vertical windows to create the illusion of height.

Or try making the ceiling artificially lower at the entrance by adding a few inches of soffit above the doorway.

"There's a basic human need to feel this vertical force in a room," Lichten says.

"So anything you can do to bring the eye upward, to bring it skyward helps."

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Britain has a "lost generation" with no gardening skills, the Royal Horticultural Society warns

Can't afford to buy here?

...Then buy this

Faced with soaring city prices, some millennials are eyeing vacation properties

Megan Haynes
For Metro Canada

Adam Jamieson was a bit preoccupied with owning a piece of land. He chalks it up to one of his favourite books, The Apprenticeship of Duddy Kravitz, by Mordecai Richler, in which owning land is a theme.

But the 32-year-old senior account executive at advertising firm Juice Mobile couldn't afford Toronto on a solo salary, so he looked outside the city. Way outside the city.

At the end of this month, Jamieson is closing on a three-bedroom, one-bath home near Haliburton. The house is situated on a lake, and fulfills a dream he had as a kid to own a cottage. And, best of all, at $475,000, it was in his price range.

He'll continue to rent downtown Toronto, able to spend his weekends at the cottage with friends and family. He plans to rent out the property when he's not using it to make a bit of extra cash. "It's not the first choice I'd make," he says. "I wanted to be in the core of the city, but I'm not a condo guy and I really can't afford (a house) at this point."

The hot housing market continues to price young and first-time buyers out of cities like Toronto and Vancouver. Australia-based research firm Demographia listed Vancouver as the third-most unaffordable housing market in the world, while a recent Bank of Montreal survey found 32 per cent of 19- to 35-year-olds say home ownership in Toronto is unaffordable. Another survey by Angus Reid in August, 2015, found 45 per cent of Toronto's millennials are looking outside the city core because of the high cost of ownership.

But despite the challenges in owning a primary home, young adults seem to have an affinity for cottages: One survey by TD found that 25 per cent of millennials plan to eventually buy a vacation property (compared to 13 per cent of the rest of the population). In the U.S., the National Association of Realtors, found the average age of cottage buyers is trending downwards (43 today versus 61 in 2003), and more millennials are buying a vacation property as an investment opportunity.

> **"I wanted to be in the core of the city, but I'm not a condo guy and I really can't afford (a house) at this point**
>
> Adam Jamieson on why he bought a cottage

Considering the affordability of the market, looking at alternative options makes sense for first-time home buyers, says Tsur Somerville director at the University of British Columbia's Centre for Urban Economics and Real Estate.

He cautions buyers need to make sure they understand the realities of owning a cottage.

Vacation homes don't make sound investments since they can be difficult to sell when the economy does poorly (which is typically when people want to divest of their assets). "It's a much more discretionary purchase," he says. "Everybody needs shelter, but everybody doesn't need a vacation home."

If the cottage is somewhere the buyer plans to spend a lot of time, then it makes more sense, since he or she will be getting more enjoyment out of it, Somerville says. An owner's plans to rent out the home when they're not around also creates its own set of challenges, says Tim Harris, broker and owner of Nova Scotia's Tradewind Realty. Though the extra income is a great incentive, it's not a guarantee.

While Airbnb makes it easier to rent a property, it also makes it easier to rent one out, meaning there's more competition than ever. "It's getting pretty busy," he says. "And you've got a finite number of people who want to rent for a week during the summer."

More competition also drives down the price, he adds, pointing to his own vacation home: a nearby three-bedroom cottage is renting at a fraction of the price of his five-bedroom home. Potential renters have approached him to drop the price, and he lost out on potential income when he's refused. For Jamieson, the extra income would be great to help pay down the mortgage, but he says he's not banking on the strategy to rent out his place.

Rather, he was feeling the pressure to own. "A man is nothing without owning land," he says, quoting The Apprenticeship of Duddy Kravitz. He still plans to buy a primary home in the city at some point, but until then he's looking forward to spending this summer up on a lake. "This is the best chance at my age and in my financial situation to own something," he says.

BEFORE YOU MAKE THAT PURCHASE

1. Pat Giles associate vice-president real estate secure lending, TD Canada Trust urges potential buyers to put as much money towards a down payment as possible.

2. Ongoing maintenance costs are different at a cottage, he adds (septic systems are more expensive to maintain, for example) and people often don't work that expense in when considering buying a vacation home. Talk to people who've owned cottages to get a better sense of the end price.

3. Harris adds insurance costs for vacation properties — especially those that are to be rented out — differ from homes in cities. He suggests speaking with insurance companies to get an estimate before making the leap.

4. Mortgage policies vary for vacation properties, says Harris, particularly for homes that aren't winterized or have year-round access. He recommends searching for homes that can be enjoyed all year, and speaking with the bank to better understand the differences.

MEET THE CONDO

Easy park access

Project overview

The Gates is a boutique 32-unit condo project by Remington Development Corp. Condos at the Gates come with impressive standard features: Oversized windows, granite counters, professional stainless steel appliances and airy nine-foot high ceilings, located in a stunning park-like setting.

Housing amenities

Bicycle storage, storage lockers and beautifully landscaped grounds in a park-like setting accentuate this project. A 100,000 square foot Remington YMCA featuring pools, library, fitness centre, running track, gymnasium and multi-purpose rooms opens in July.

Location and transit

This is the ideal location with Quarry Park, the BRT route 302 to downtown and future LRT route all to be found within minutes of your door. There is also nearby access to Glenmore Trail, Deerfoot Trail and other major roads.

In the neighbourhood

The neighbourhood is close to a 50-acre natural reserve alongside the Bow River, and just five minutes to the Quarry Market featuring Co-op grocery and liquor, Original Joes, The Park, Merle Norman, Starbucks and much more including the Quarry Park Child Development Centre, opening in July.

KRISTA SYLVESTER/FOR METRO

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NEED TO KNOW

What: The Gates
Builder: Remington Development Corp
Architect: IBI
Location: 39 Quarry Gate SE
Interiors: Classic modern
Building: Three storeys, 32 units; wood frame, stone and fibre cement exterior
Sizes: 770 to 1,315 sq. ft.
Pricing: One bed from the $290s, two beds from the $360s
Suites: Seven different floor plans featuring one, two and three bedroom options
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DESIGN

When moving in together, couples learn to compromise

For couples setting up a new home together, it's a challenge: how to merge two sets of stuff and two decorating styles into one space they both can love.

"Emotions get really high when it comes to your belongings if the person you're choosing to spend the rest of your life with doesn't love what you love," says stylist Marianne Canada, host of the HGTV Crafternoon web series.

In our increasingly design-savvy world, many people come to coupledom with a clear idea of how their home should look. Even when couples try to accommodate conflicting tastes, they run into the space issue.

Here, Canada and two other interior designers — California-based Betsy Burnham and Florida-based Laura Burleson — offer advice on mixing, matching and peacefully negotiating a merger of two homes.

This dresser wasn't needed in the bedroom, so it was converted into a bathroom vanity. LAURA BURLESON INTERIORS

Claim your favourites

Each person probably has a few treasured pieces of furniture or art that they can't imagine living without. Burnham suggests that partners agree to each keep perhaps three or four of these pieces.

Go with the contrast

Once those favourite pieces are chosen, Burnham suggests creating a clean slate by painting the walls a crisp white or a white shade with just a hint of colour. Then look at all the remaining furniture against this new backdrop as though you were shopping. Rather than trying to group items that are similar, experiment with pairing those that contrast. All three designers say contrast can be the best part of decor. Couples merging two households "have such a leg up, design-wise," says Burleson

Try new locations

As you assess your remaining furniture and accessories, consider placing things in rooms where they've never been."You don't have to make that big leather recliner work in your traditional living room," Canada says, even if that's where it's always been. What about using it in your bedroom for late-night reading?

Shop together

Buying a few new pieces can tie together a couple's shared decor and help both partners feel at home. "Maybe they go shopping," Burnham says, "and they find some great vintage rugs that neither one of them knew they loved." This includes accessories and artwork: Canada suggests buying one powerful piece of art to be a focal point in your newly shared space.

THE ASSOCIATED PRESS

REAL ESTATE

What's hot on the market

KRISTA SYLVESTER/FOR METRO

1 MIXED USE

Pre-selling now: This five-storey mixed-use development features 40 residential boutiques and lofts in the heart of Marda Loop, with access to 130 nearby shops, services and restaurants. Check out the Sales Centre at 1915 33 Ave. S.W.

2 HEART OF THE CITY

Still for sale: Units in a 31-storey condo tower, starting at $215,900. These units will put you right downtown and give you access to everything. For more information, visit the Presentation Centre located at the southeast corner of 10th Ave. and 6th St. S.W.

3 BELTLINE LIVING

Smith by Grosnevor: Perfectly located in the city's bustling Beltline, Smith features 129 boutique style homes in the heart of the city's cultural district. Check out the Presentation Centre located at the 2nd floor of 860 16th Ave. S.W.

KRISTA SYLVESTER/FOR METRO

SPONSORED CONTENT — CONDO LIFE

ISTOCK

Floors even more important in a small space

In a small space, the flooring you choose can make all the difference.

"Condo owners need to make sure they have flooring that's suited to their space," says Sandy Sangster, owner of Calgary Flooring Designs, a provider of high-quality flooring options in Calgary. "Since your space is small, much of it will be high-traffic, and that means you're going to need something durable," she says. "At the same time, you'll likely want something attractive to match your sense of style — so there are several factors to balance."

Calgary Flooring Designs carries a large selection of beautiful products in the Calgary Flooring Designs gallery, including hardwood, engineered hardwood, carpet, laminate, and tiles. The company's knowledgeable staff can guide you through the many choices, and help you decide which choice is best for the way you use your condo, the look you want to achieve, and your budget. After you've made your decision, you've purchased your flooring and you're ready to install, the expert installers at Calgary Flooring Designs will make sure your floors are installed right. Their installation team has decades of experience and will come back to fix any issues you have with the floor within a year of installation.

"We take great pride in our work," says Sangster. "We want you to love your floors many years into the future."

metro SPORTS

"It's ridiculous, it's foolish and some of the pro fighters are going to get beat by the amateurs": Mike Tyson on a proposal to let pros box at the Olympics

Out of their element

RAPTORS
CAVS LEAD SERIES 3-2

Dinos on brink after leaving A-game in Canada again

The Toronto Raptors rode a wave of momentum into Cleveland on Wednesday.

But by the merciful end of an atrocious Game 5 effort, it was tough to believe the Raptors had ever beaten the Cavaliers at all.

Cleveland's trio of Kevin Love, LeBron James and Kyrie Irving combined for 71 points as the Cavaliers thoroughly trounced the Raptors 116-78 to take a 3-2 lead in the NBA Eastern Conference finals.

DeMar DeRozan had 14 points, while Kyle Lowry had 13, but no other Raptor scored in double digits in Toronto's worst performance of these playoffs. Jonas Valanciunas returned from his ankle injury to score nine points in 19 minutes.

GAME 5 In Cleveland

116	78

The Raptors were coming off back-to-back victories at the Air Canada Centre, infusing fans with a glimmer of hope for an historic NBA Finals appearance. But the Cavaliers' homecourt had proven deadly to Toronto in Games 1 and 2: a 50-point deficit combined.

Coach Dwane Casey had predicted a different game on their return trip to Cleveland, but it was evident virtually from the opening whistle that they were in for a long night.

In a noisy Quicken Loans Arena awash in wine and gold, they looked completely discombobulated. They were terrible in virtually every category, a dog's breakfast of poor decisions, terrible shooting, and head-slapping turnovers. Their defensive effort, against a Cavs team that opened the post-season 10-0, was half-hearted.

They'd dug themselves an 18-point deficit by late in the first quarter, and when Love drained a three-pointer late in the second, the Cavs were up by a whopping 34 points. Cleveland's 65-34 lead at the break was the biggest halftime gap in conference finals history.

When it seemingly couldn't get worse, it did. Frustration mounted. The Raptors looked like they wanted to be anywhere else. By the end of the third, the score was a shocking 100-60.

Both teams subbed out their starters for a fourth quarter played after hundreds of fans had already departed the building.

The Cavaliers swarmed Kyle Lowry — and seemingly every other Raptor — during an Game 5 beatdown in Cleveland. FRANK GUNN/THE CANADIAN PRESS

Cavs coach Tyronn Lue had blamed the two losses in Toronto on poor shooting, and his team proved him right. The Cavs shot 57 per cent on the night. Love, who'd shot 5-for-23 in Games 3 and 4, topped Cleveland with 25 points on 8-for-10 shooting.

The Cavs grabbed 48 rebounds to Toronto's 27 — just one more than Bismack Biyombo had, on his own, in Game 3. The Raptors coughed up 30 points on 19 turnovers.

The series returns to the Air Canada Centre for Game 6 on Friday. A victory, however, would send them back into Cleveland for a do-or-die Game 7, where the noise reached earsplitting levels Wednesday night in a crowd that included Montreal Canadiens star P.K. Subban and Browns defensive back Joe Haden. THE CANADIAN PRESS

MEMORIAL CUP

Wheat Kings ousted

WEDNESDAY In Red Deer

2	1
REBELS	WHEAT KINGS

The Brandon Wheat Kings season has come to an end.

Evan Polei scored 3:w50 into overtime as the Red Deer Rebels eliminated Brandon from the 2016 Memorial Cup with a 2-1 victory on Wednesday.

Red Deer will face the QMJHL champion Rouyn-Noranda Huskies in Friday's semifinal.

Adam Musil also scored for the host Rebels.

Tim McGauley scored for the WHL champion Wheat Kings.

Rylan Toth made 33 saves for the win as Jordan Papirny stopped 30-of-32 shots in defeat.

Both teams came out strong in the first, playing some exciting hockey that kept the 7,000 fans in attendance at the Enmax Centrium engaged despite the game staying scoreless through the first 20 minutes.

Grayson Pawlenchuk nearly scored for the home team with five minutes to play in the period but was turned away by Papirny on a breakaway. Shots were 8-7 Rebels after the first.

The second period started similar to the first and Jeffrey De Wit got the first real scoring chance four minutes in, but Papirny made another breakaway save to keep it 0-0.

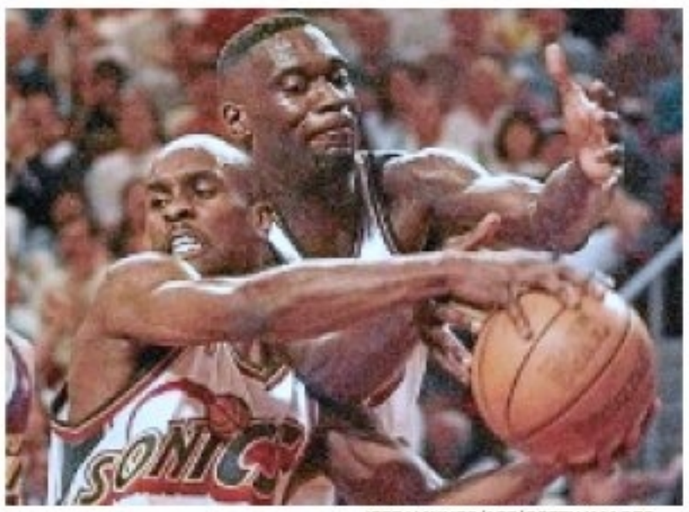
THE CANADIAN PRESS

Oh, what could've been

Despite finishing the regular season with a record-breaking 73 wins, the Golden State Warriors find themselves one game away from playoff elimination after losing 118-94 Tuesday night to fall behind 3-1 to the Oklahoma City Thunder in the Western Conference final. Here's a look at some of the best regular-season teams that failed to reach a championship final.

1 '93-94 SuperSonics

The Sonics had a league-best 63-19 record and the top seed in the West. Behind third-season head coach George Karl and all-stars Gary Payton and Shawn Kemp, Seattle scored an average of 105.9 points per game. With the retirement of Michael Jordan prior to the 1993-1994 season, the Sonics were a favourite to win the championship. Facing the Denver Nuggets and hall of famer Dikembe Mutombo in the first round, the Sonics lost in five games. The Nuggets were the first eight seed to win a playoff series. They lost to the Utah Jazz in the next round.



JEFF HAYNES/AFP/GETTY IMAGES

JOE MAHONEY/THE ASSOCIATED PRESS FILE

2 '95-96 Red Wings

The Red Wings finished with an NHL-record 62 wins with 131 points. Under coach Scotty Bowman, the Red Wings had two separate streaks of nine wins and a 13-game unbeaten streak. Right-winger Sergei Fedorov had a team-high 39 goals, followed by captain Steve Yzerman with 36. Colorado upset the Red Wings in six games in the conference finals, then went on to win the Stanley Cup.

3 1998 Vikings

The 15-1 Vikings won the NFC Central and were only the third team in NFL history to win 15 games. Minnesota broke the then scoring record with 556 points, led by QB Randall Cunningham. Cris Carter and rookie Randy Moss combined for 29 touchdowns and each had over 1,000 yards receiving. The Vikings lost 30-27 to the Atlanta Falcons in the NFC championship when kicker Gary Anderson — who had not missed all season — missed a 38-yard field goal that would have iced the game. Minnesota went on to lose in overtime.

CRAIG LASSIG/AFP/GETTY IMAGES

JAMIE SQUIRE/GETTY IMAGES

4 2014 L.A. Angels

With a 98-64 record, the Angels were the best team in baseball during the 2014 regular season. Los Angeles was first in runs behind sluggers Mike Trout, Josh Hamilton and Albert Pujols. The team also had starting pitcher Garrett Richards, but the Cy Young contender injured his knee in August and missed the remainder of the season. The Kansas City Royals stunned the Angels with a 3-0 sweep in the American League Division Series. Los Angeles' offence disappeared in the series, as the team batted just .170.

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ADDITIONAL LANDS FOR SALE BY OFFER ESTATE OF J. C. ANDERSON

The Estate of J. C. Anderson is opening the following lands within the MD of Foothills for offers:

I. THE SECTION 8 LANDS
NW, NE and SW quarters of 8;22;1;W5M
Three Adjacent Quarters close to the City of Calgary to be sold individually or together

Parcel A - NW ¼, 159 Acres (+/-) and includes a 1,000 ft2 (+/-) house with detached double garage. Includes cultivated fields that were seeded for hay. Exceptional mountain views.

Parcel B - NE ¼ 156.53 Acres (+/-) and includes a 7,960 ft2 (+/-) house with attached 4 car garage, 5 bedrooms, 5.5 baths, games room, wine rooms and office. Beautiful southwest patio with elevated panoramic mountain views. Also has a 6,000 ft2 (+/-) heated & insulated machine shop, a 2,240 ft2 (+/-) heated & insulated Quonset hut and an outdoor tennis court.

Parcel C - SW ¼ 153.84 Acres (+/-) mainly pasture land with exceptional mountain views.

II. THE RIVER RANCH LANDS
West 1/2 of 30;20;1;W5M and Acreage at 0514212;1;2 (located within NW ¼ of 30;20;1;W5M)

Parcel A - West ½ 302 Acres (+/-) located directly on the Sheep River, with a 1,020 ft2 (+/-) cabin constructed in 2012 with wood burning fireplace, 2 bedrooms, 2 baths, plus loft. Also includes a 1,200 ft2 (+/-) heated & insulated machine shop, a 4,500 ft2 (+/-) heated & insulated calving barn, plus other older out buildings, sheds & hay barn. Panoramic views overlooking Sheep River Valley, foothills & mountains, with natural springs throughout. **The offer package will include a gravel assessment report.**

Parcel B - 5.04 Acres (+/-) located within the NW ¼ of 30;20;1;W5M and includes 1,440 ft2 (+/-) house, with detached 832 ft2 (+/-) double garage, 4 bedrooms, 3 baths, and fully developed basement. Panoramic views overlooking Sheep River Valley, foothills & mountains.

Anyone interested in submitting an offer to purchase any or all of the lands described above should contact Lexy R. Wong as set out below to obtain an offer package which will contain additional information about the lands and the terms and conditions which the Estate may consider when reviewing the offers.

All offers shall be submitted in writing in the form provided in the offer package and delivered no later than 12:00 p.m. MST (noon) on June 20, 2016 to the following:

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NBA PLAYOFFS

Warriors look to shift momentum

Steve Kerr gave his Golden State players a much-needed mental day off with time to rest their weary bodies, and he got back to work trying to figure out how to save the season against a powerful Thunder team that shows no signs of slowing down.

Back to the basics, back to doing the little things that got the Warriors this far.

After a record 73 wins in the regular season, the Warriors are on the brink as they go into Game 5 of the Western Conference final Thursday night in Oakland trailing the Thunder 3-1 after a second straight lopsided loss in Oklahoma City.

No denying it's a daunting task for the defending champs.

"Momentum can shift quickly in the playoffs," Kerr said. "We've seen that the last couple years. Let's take care of business at home, get some momentum back and we've got a chance."

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4	8	3	1	9	2	6	7	5
6	9	5	8	7	3	2	4	1
2	7	1	4	5	6	8	9	3
1	4	8	5	6	7	9	3	2
5	2	7	3	1	9	4	6	8
3	6	9	2	8	4	1	5	7
8	3	6	9	2	5	7	1	4
9	5	2	7	4	1	3	8	6
7	1	4	6	3	8	5	2	9

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RECIPE Italian Roommate Pasta

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

There's so much to love about this dish — crisp bacon, cheesey sauce, garlicy veggies.

Ready in
Prep time: 20 minutes
Cook time: 10 minutes

Ingredients
- 1 Tbsp of olive oil
- 1 medium onion, diced
- 2 cloves of garlic, minced
- 1 cup bacon, chopped into 1-inch to 2-inch pieces
- 500 grams of whole wheat fusilli
- 4 medium zucchini, julienned
- 3 eggs
- 1 cup Parmesan, grated
- Pepper to taste

Directions

1. In a large pan, warm up your olive oil over medium heat and add onions, garlic and bacon. Allow bacon to crisp. Put a big pot of salted water on to boil for the pasta.

2. Chop zucchini into matchsticks and add to the bacon mixture. Give it all a good stir so the zucchini gets well coated. Allow it to cook down for at least 15 minutes, stirring occasionally. Some of the zucchini will start to disintegrate and that's what you're after.

3. Cook your pasta according to instructions. Drain well and throw the cooked pasta into the vegetables.

4. In a bowl, whisk the eggs and stir in the grated Parmesan. Pour the cheesy eggs into your noodles and mix well. Cook over medium heat until the sauce just sets. The whole thing will go from wet to gooey in just a few minutes.

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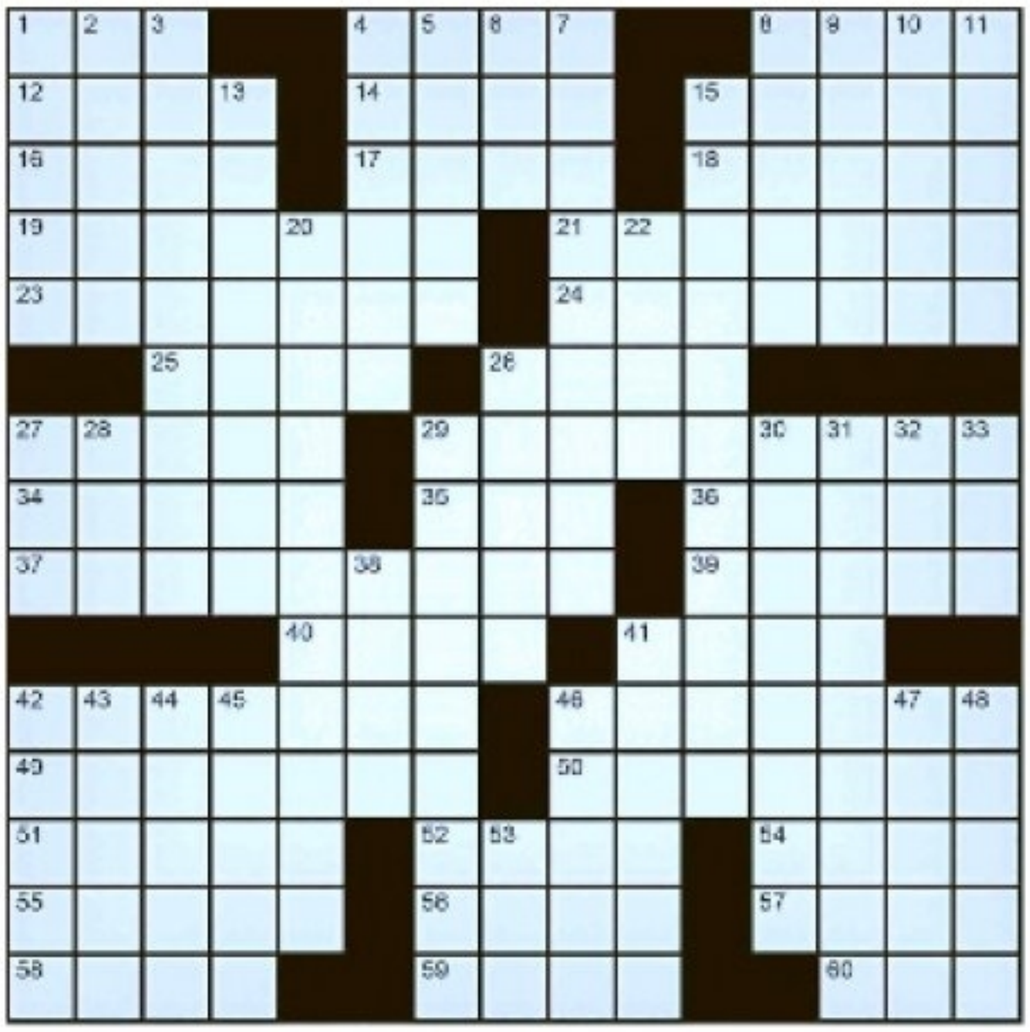
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Sunscreen no.
4. Mr. Hartnett
8. Hurried the horse
12. Spaghetti cheese, for short
14. Odd mixture
15. A.A. Milne character
16. "...so long ___ both shall live?"
17. Sheriff ___ ("BJ and the Bear" character)
18. "___ you loud and clear."
19. Bee's weapon
21. Capital city of Uganda
23. Humanity
24. 6/49 and Lotto Max ticket add-ons
25. Fixed stare
26. Icelandic epic
27. ___ New Guinea
29. Alberta town half-an-hour north of Calgary
34. Play ___ (Do this in an orchestra, perhaps)
35. ___ Islands, Indonesia
36. Freshwater fish
37. 1970s rec room walls choice
39. Reindeer: French
40. River islets
41. Permission requester's opener...: 2 wds.
42. ___ fasciitis (Heel problem)
46. Not-in-a-group showbiz performance: 2 wds.
49. Mozart's musical rival in "Amadeus" (1984)
50. Having soup and a salad: 2 wds.
51. Singer Ms. Baker
52. In the thick ___
54. Norway's capital
55. Shakespeare: Character in All's Well That Ends Well, variantly
56. Faux pas
57. Eager
58. Pine for
59. PR people, puny-ly
60. Jalalabad's country, for short

DOWN
1. Muscle cramp
2. Rice alternative
3. Making-a-meal need, often: 2 wds.
4. Dolly Parton song
5. "___..." (Prayer opener)
6. Fam. tree member
7. Creation by Chéticamp, Nova Scotia artist Elizabeth LeFort (b.1914 - d.2005): 2 wds.
8. Oprah's production company
9. ___ monitor (Device one often sees singers remove)
10. Equal, to Marie-Claire
11. Some baby parents, to babies
13. One of Egypt's famous three pyramids
15. Star of HBO Canada's "Sensitive Skin": 2 wds.
20. Geographic location of #13-Down: 2 wds.
22. 'Ets' equivalents in English
26. Nets
27. Drivel
28. ___ peel (Dermatology procedure)
29. Ms. Balfe (Irish star of "Outlander", on Showcase)
30. Query to the seemingly injured: 3 wds.
31. Body of water on which the Greek island of Corfu is situated: 2 wds.
32. Bleed
33. Jeanne d'Arc, e.g.
38. Fibber
41. Purposeful sayings
42. Hymn
43. Island of Hawaii
44. Letter As, in Arabic
45. Fun-spelling evenings
46. Gulf of ___ Lawrence
47. ___ (Music symbol)
48. Sisqo's "___ Song"
53. Daze

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Right now in your work, you feel balanced between what you want to do and what you think is possible. It's as if your hopes and dreams are more lined up with reality.

Taurus April 21 - May 21
You have a realistic view on how much you can spend on recreation. Everything has its limits (unless you have a money tree growing in your backyard).

Gemini May 22 - June 21
You feel reassured with the obligations of partnerships and what you want to achieve at home. Somehow, they are starting to dovetail.

Cancer June 22 - July 23
Your enthusiasm and positive frame of mind support your hard-working energy now. In other words, your attitude is helping you get things done. Bravo!

Leo July 24 - Aug. 23
It's encouraging that your hard work is literally paying off. When the money flows in, you don't mind the effort. It's true — no pain, no gain.

Virgo Aug. 24 - Sept. 23
The more you work to solidify your home base, the happier you feel. Keep doing repairs or whatever is needed so you feel secure where you live. This gives you a warm feeling in your tummy.

Libra Sept. 24 - Oct. 23
Even though you know that things are loosey-goosey in terms of potential job changes or residential moves, your faith in your own future is what keeps you strong. Good!

Scorpio Oct. 24 - Nov. 22
The positive feedback you get from friends and groups that you deal with reassures you of your values. And it is your values that attract people to you.

Sagittarius Nov. 23 - Dec. 21
As you begin your new journey, it's important to know that you impress bosses and influential people. Why not use their help and influence to open doors for you?

Capricorn Dec. 22 - Jan. 20
Although you are downsizing and letting go of many things, you can expand your world through knowledge, further education and travel. Look for ways to do this.

Aquarius Jan. 21 - Feb. 19
Because the support of others is forthcoming, you see ways to help those who are less fortunate, especially through nonprofit organizations or charitable clubs.

Pisces
Feb. 20 - March 20
The success of friendships and partnerships is definitely part of your time of harvest right now. These relationships are one reason you feel proud.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	2	4			5			
6			4		9			
			8		1		3	
			3		6		5	
		3			7	9	4	1
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9	8	2	5				1	

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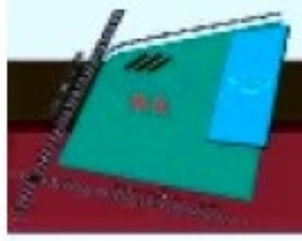

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